Orthodox Daily Prayers

Morning, Afternoon & Evening Prayers, Saturday & Sunday Prayers, General Intercessions, Apolytikia & Daily Troparia, Mealtime Prayers, and Other Prayers



Fr. John Winfrey / AOANA

An Orthodox Daily Prayer Book by Fr. John Winfrey, Prayer Book of the Antiochian Archdiocese

Morning Prayers

From the Holy and Great Sunday of Pascha until the Saturday of Renewal Week, in place of the usual Morning Prayers, the Paschal Hours are read.

Having awakened, arise from your bed and go to your icon corner without laziness. Silently light your candles (if you wish, light charcoal in your incense burner and place incense in it), and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

Lord, Jesus Christ, Son of God, have mercy on me, a sinner. *3x*

Then make the Sign of the Cross, saying:

In the Name of the Father and of the Son and of the Holy Spirit. Amen.

From the Holy and Great Sunday of Pascha until the Feast of Pentecost, the introductory prayers, "Glory to Thee, our God, glory to Thee. Heavenly King, O Comforter…" are not said.

Glory to Thee, our God, glory to Thee.

O heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things: Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

From the Holy and Great Sunday of Pascha until the eve of the Feast of the Ascension, in place of "Holy God…" and "Come, let us worship…" we say, "Christ is risen from the dead…" 3x

Holy God... *3x*

Glory...; both now...

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for Thy Name's sake.

Lord have mercy. *3x*

Glory...; both now...

Our Father, who art in the heavens, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth, as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the Evil One.

If there is a priest, He adds the usual exclamation. Otherwise continue as follows:

TROPARIA TO THE HOLY TRINITY

Having arisen from sleep, we fall down before Thee, O Blessed One, and sing to Thee, O Mighty One, the Angelic Hymn: Holy, holy, holy art Thou, O God. Through the Theotokos have mercy on us.

Glory...

From my bed and sleep Thou hast raised me: O Lord, enlighten my mind and my heart, and open my lips that I may praise Thee,

O Holy Trinity: Holy, holy, holy art Thou, O God. Through the Theotokos have mercy on us.

Both now…

Suddenly the Judge shall come, and the deeds of each shall be revealed: but with fear we cry out in the middle of the night: Holy, holy, holy art Thou, O God. Through the Theotokos have mercy on us.

Lord have mercy. *12x*

A PRAYER TO THE HOLY TRINITY

Arising from sleep I thank Thee, O holy Trinity, because of the abundance of Thy goodness and long-suffering Thou wast not wroth with me, slothful and sinful as I am; neither hast Thou destroyed me in my transgressions: but in Thy compassion raised me up as I lay in despair; that at dawn I might sing the glories of Thy Majesty. Do Thou now enlighten the eyes of my understanding, open my mouth to receive Thy words, teach me Thy commandments, help me to do Thy will, and confessing Thee from my heart, singing and praising Thine All-holy Name: of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

O come, let us worship and fall down before God our King. *(metania)*

O come; let us worship and fall down before Christ, our King and our God. *(metania)*

O come, let us worship and fall down before the very Christ, our King and our God. *(metania)*

THE SYMBOL OF FAITH (M, W, F)

go to Psalm 5O (Tu, Th, S)

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible;

And in one Lord Jesus Christ, the Son of God, the only begotten, Begotten of the Father before all worlds, Light of Light, Very God of Very God, Begotten, not made; of one essence with the Father, by whom all things were made: Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He rose again, according to the Scriptures; And ascended into heaven, and sitteth at the right hand of the Father; And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end.

And I believe in the Holy Spirit, the Lord, and Giver of Life, Who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets;

And I believe in One, Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the

Resurrection of the dead, And the Life of the world to come. Amen.

Next: *MISC. DAILY PRAYERS ›*

PSALM 50 (TU, TH, S)

Have mercy upon me, O God, according to Thy great mercy: according to the multitude of Thy tender mercies blot out mine iniquity. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge mine iniquity: and my sin is ever before me. Against Thee only have I sinned, and done evil in Thy sight: that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was shapen in iniquity: and in sin did my mother conceive me. For behold, Thou hast loved truth: the unclear and hidden things of Thy wisdom Thou hast made clear to me. Thou shalt sprinkle me with hyssop, and I shall be clean: Thou shalt wash me, and I shall be whiter than snow. Thou shalt make me to hear joy and gladness: the bones which Thou hast broken shall rejoice. Turn away Thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God: and renew a right spirit within me. Cast me not away from Thy presence: and take not Thy holy spirit from me. Restore unto me the joy of Thy salvation: and steady me with a guiding spirit. Then will I teach transgressors Thy ways: and the impious shall be converted unto Thee. Deliver me from bloodguiltiness, O God, Thou God of my salvation: and my tongue shall sing aloud of Thy righteousness. O Lord, open Thou my lips: and my mouth shall declare Thy praise. For hadst Thou desired sacrifice, I would have given thee: Thou delightest not in burnt offerings. Sacrifices to

God are a contrite spirit: a contrite and humble heart, O God, Thou wilt not despise. Do good, O Lord, in Thy good will unto Zion: that the walls of Jerusalem may be built up. Then shalt Thou be pleased with the sacrifice of righteousness, with burnt offering and whole burnt offerings: then shall they offer bullocks upon Thine altar.

Go to MON, TUE, WED, THU, or Fri prayers

FIRST PRAYER (M)

By St. Macarius The Great

O God, cleanse me, a sinner, for I have never done anything good in Thy sight. Deliver me from the Evil One, and may Thy will be in me, that I may open my unworthy lips without condemnation and praise Thy holy Name, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

SECOND PRAYER (M)

By St. Macarius The Great

Having risen from sleep, I offer Thee, O Savior, the midnight song, and fall down and cry unto thee: grant me not to fall asleep in the death of sin, but have compassion upon me, O Thou who wast voluntarily crucified and hasten to raise me who am prostrate in idleness, and save me in prayer and intercession, and after the night's sleep, bless me with a sinless day, O Christ our God, and save me.

THIRD PRAYER (M)

By St. Macarius The Great

Having risen from sleep, I hasten to Thee, O Lord, for Thou lovest mankind, and by Thy loving-kindness I strive to do Thy works, and I pray to thee: help me at all times, in everything, and deliver me from every evil thing of the world and every attack of the devil, and lead me into Thine eternal kingdom. For Thou art my Creator, the Giver and Protector of everything good, and all my hope is in Thee. And to Thee I send up glory, now and ever and unto ages of ages. Amen.

Next: SUPPLICATIONS FOR INTERCESSION ›

FOURTH PRAYER (Tu)

By St. Macarius The Great

O Lord, who in Thine abundant goodness and Thy great compassion hast granted me, Thy servant, to pass the time of this night without the temptation of any opposing evil, Lord and Creator of all, by Thy true light and with an enlightened heart grant me to do Thy will, now and ever and unto ages of ages. Amen.

FIFTH PRAYER (Tu)

By St. Macarius The Great

Almighty Lord God, who dost receive from Thy heavenly powers the thrice holy hymn, receive also from me Thine unworthy servant, this song of the night, and grant me every year

of my life and at every hour to send up glory to Thee, Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

Next: *SUPPLICATIONS FOR INTERCESSION ›*

SIXTH PRAYER (W)

By St. Basil The Great

Almighty Lord, God of the powers of all flesh, who livest in the highest and carest for the humble, who searchest our hearts and affections, and clearly foreknowest the secrets of men; eternal and everlasting Light, in whom is no change nor shadow of variation; O immortal King, receive our prayers which at the present time we offer to Thee from unclean lips, trusting in the multitude of Thy mercies. Forgive all sins committed by us in thought, word, or deed, consciously or unconsciously, and cleanse us from all defilement of flesh and spirit. Grant us to pass the night of the whole present life with wakeful heart and sober thought, ever expecting the coming of the radiant day of the appearing of Thine only begotten Son, our Lord and God and Savior Jesus Christ, when the judge of all will come with glory to render to each according to their deeds. May we not be found fallen and idle, but awake and alert for action, ready to accompany Him into the joy and divine palace of His glory, where there is the ceaseless sound of those keeping festival and the unspeakable delight of those who behold the ineffable beauty of Thy face. For Thou art the true light that enlightens and sanctifies all, and all creation sings to Thee throughout the ages. Amen.

Next: *SUPPLICATIONS FOR INTERCESSION ›*

SEVENTH PRAYER (Th)

By Saint Basil The Great

We bless Thee, most high God and Lord of mercies, who ever dost great and unfathomable things for us, glorious and awesome things without number. Thou givest sleep for the repose of our frailty, relieving the labors of our overburdened flesh. We thank Thee for not destroying us in our lawlessness. Instead, Thou hast shown Thy usual love for mankind and raised us, as we lay in despair, to glorify Thy power. Therefore we implore Thy boundless goodness: enlighten our thoughts and eyes and awaken our minds from the heavy sleep of laziness. Open our lips and fill them with Thy praise, that we may unwaveringly hymn and confess Thee, the God glorified in all and by all, the Father without beginning, with Thine only begotten Son and Thine All-holy and good and life-giving Spirit, now and ever and unto ages of ages. Amen.

Next: SUPPLICATIONS FOR INTERCESSION ›

EIGHTH PRAYER (F)

To Our Lord Jesus Christ

My most merciful and all-merciful God, Lord Jesus Christ, through Thy great love Thou didst come down and take flesh to save all. And again, O Savior, save me by Thy grace, I pray Thee, for if Thou shouldst save me by my works, this would not be grace of a gift, but rather a duty. Indeed, in Thine infinite compassion and unspeakable mercy, Thou, O my Christ, hast said: "Whoever believes in me shall live and never see death." If faith in Thee

saves the desperate, save me for Thou art my God and Creator. Impute my faith instead of deeds, O my God, for Thou wilt find no deeds which could justify me, but may my faith suffice for all my deeds. May it answer for and acquit me, and may it make me a partaker of Thine eternal glory. And may Satan not seize me, O Word, and boast that He has torn me from Thy hand and fold. O Christ my Savior, whether I will or not, save me. Make haste, quick, quick, for I perish! Thou art my God from my mother's womb. Grant me, O Lord, to love Thee now, as once I loved sin, and to work for Thee without idleness, as I worked before by deceptive Satan. But supremely shall I work for Thee, my Lord and God, Jesus Christ, all the days of my life, now and ever and unto ages of ages. Amen.

Next: *SUPPLICATIONS FOR INTERCESSION ›*

NINTH PRAYER (Sa)

To The Guardian Angel

O holy angel, who stands by my wretched soul and my passionate life; do not abandon me, a sinner, neither depart from me because of my lack of self-control. Leave no room for the evil demon to gain control of me through the violence of this mortal body. Strengthen my weak and feeble hand, and instruct me in the path of salvation. O holy angel of God, the guardian and protector of my wretched soul and body, forgive all the sorrows I have caused thee every day of my life. If I have sinned in this past night, protect me during this day. Keep me from every adverse temptation, that I may not anger God by any sin. Pray to the Lord

for me, that He may establish me in His fear and make me, His servant, worthy of His goodness. Amen.

TENTH PRAYER (Sa)

To The Most Holy Theotokos

O most holy Theotokos, my Lady, through thy holy and all-powerful prayers, turn away from me, thy humble and unworthy servant, despair, forgetfulness, unreasonableness, indifference, and all unclean, evil, and blasphemous thoughts from my wretched heart and darkened mind.

Extinguish the flame of my passions, for I am poor and wretched. Deliver me from my numerous and wicked memories and fantasies. Free me from all evil acts, for thou art blessed by all generations, and thy most honorable name is glorified unto ages of ages. Amen.

Rejoice, O Virgin Theotokos, Mary full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Savior of our souls.

SUPPLICATIONS FOR INTERCESSION

O heavenly hosts of holy Angels and Archangels, pray for us sinners.

O glorious Apostles, Prophets, Martyrs, and all Saints, pray for us sinners.

The troparia of your parish may be said here, or any other troparia that you are accustomed to adding.

Pray to God for me O holy *Saint N.* *(your patron Saint)*, for I turn unto Thee, who art the speedy helper and intercessor for my soul.

PRAYER TO ONE'S GUARDIAN ANGEL

O angel of Christ, holy guardian and protector of my soul and body, forgive me of everything wherein I have offended you every day of my life, and protect me from all influence and temptation of the Evil One. May I nevermore anger God by any sin. Pray for me to the Lord that He will make me worthy of the grace of the all-holy Trinity, and of the most blessed Theotokos, and of all the Saints. Amen.

PRAYER OF INTERCESSION

Prayers of Intercession may be inserted here using THE GENERAL INTERCESSION, or another form as desired.

THE READINGS

The assigned texts from the Scriptures and/or the writings of the Fathers may be read now, if it is desired to read them during the Morning Prayers.

CONCLUSION

The TROPARION for MON, TUE, WED, THU, FRI, or SAT may be said. If known, the troparion for the Saint whose feast it is may also be said.

O Lord, save Thy people, and bless Thine inheritance, granting to Thy people victory over all their adversaries, and by the power of Thy Cross preserve Thine estate.

It is truly meet to bless thee, O Theotokos, who art ever blessed and all blameless and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim, thou who without stain barest God the Word, and art truly Theotokos, we magnify thee.

Glory...; both now...

Lord have mercy. *3x*

O Lord Jesus Christ, the Son of God, through the intercessions of Thine immaculate Mother, of *Saint N. (your patron Saint)*, and of all Thy Saints, have mercy on us and save us, for Thou art a merciful God, and lovest mankind. Amen.

PRAYER OF THE LAST ELDERS OF OPTINA

This prayer may be said at the end of the morning prayers outside of Great Lent.

O Lord, grant that I may meet all that this coming day brings me with spiritual tranquility. Grant that I may fully surrender myself to Thy holy will.

At every hour of this day, direct and support me in all things. Whatsoever news may reach me in the course of the day, teach me to accept it with a calm soul and the firm conviction that all is subject to Thy holy will.

Direct my thoughts and feelings in all my words and actions. In all unexpected occurrences, do not let me forget that all is sent down from thee.

Grant that I may deal straightforwardly and wisely with every member of my family, neither embarrassing nor saddening anyone.

O Lord, grant me the strength to endure the fatigue of the coming day and all the events that take place during it. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

THE PRAYER OF ST. EPHRAIM THE SYRIAN

This prayer is used throughout Great Lent.

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. *(prostration)*

But grant rather the spirit of chastity, humility, patience and love to Thy servant. *(prostration)*

Yea, O Lord and King, Grant me to see my own transgressions and not to judge my brother, for Thou art blessed Thou unto ages of ages. Amen. *(prostration)*

O God, cleanse me a sinner. *12x with metanias*

Then the entire prayer of St. Ephraim is said without the prostrations and a single prostration is made at the end.

Evening Prayers

From the Holy and Great Sunday of Pascha until the Saturday of Renewal Week, in place of the usual Evening Prayers, the Paschal Hours are read.

Silently light your candles and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

Lord, Jesus Christ, Son of God, have mercy on me, a sinner. *3x*

Then make the Sign of the Cross, saying:

In the Name of the Father and of the Son and of the Holy Spirit. Amen.

From the Holy and Great Sunday of Pascha until the Feast of Pentecost, the introductory prayers, "Glory to Thee, our God, glory to Thee. Heavenly King, O Comforter…" are not said.

Glory to Thee, our God, glory to Thee.

O heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things: Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

From the Holy and Great Sunday of Pascha until the eve of the Feast of the Ascension, in place of "Holy God…" and "Come, let us worship…" we say, "Christ is risen from the dead…" 3x

Holy God… *3x*

Glory...; both now...

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for Thy Name's sake.

Lord have mercy. *3x*

Glory...; both now...

Our Father, who art in the heavens, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth, as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the Evil One.

If there is a priest, He adds the usual exclamation. Otherwise continue as follows:

Now that the day hath come to a close, I thank Thee, O Lord, and I ask that the evening, with the night, may be sinless. Grant this to me, O Saviour, and save me. ·

Glory...

Now that the day hath passed, I glorify Thee, O Master, and I ask that the evening, with the night, may be without offense; grant this to me, O Saviour, and save me.

Both now...

Now that the day hath run its course, I praise Thee, O Holy One, and I ask that the evening, with the night, may be undisturbed; grant this to me, O Saviour, and save me.

Lord have mercy. *12x*

THE SYMBOL OF FAITH

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible;

And in one Lord Jesus Christ, the Son of God, the only begotten, Begotten of the Father before all worlds, Light of Light, Very God of Very God, Begotten, not made; of one essence with the Father, by whom all things were made: Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He rose again, according to the Scriptures; And ascended into heaven, and sitteth at the right hand of the Father; And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end.

And I believe in the Holy Spirit, the Lord, and Giver of Life, Who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets;

And I believe in One, Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the

Resurrection of the dead, And the Life of the world to come. Amen.

Go to prayers for SUN, MON, TUE, WED, THU, or Fri

A PRAYER (Su)

O Christ our God, who at all times and in every hour in heaven and on earth, art worshipped and glorified; who art long-suffering, merciful and compassionate; who loves the just and showest mercy upon the sinners; who callest all to salvation through the promise of blessings to come; O Lord in this hour, receive our supplications, and direct our lives according to Thy commandments. Sanctify Our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil and distress. Encompass us with Thy holy Angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Thine unapproachable glory, for Thou art blessed Unto ages of ages. Amen.

Next: GUARDIAN ANGEL ›

PRAYER OF ST. MACARIUS THE GREAT TO GOD THE FATHER (M)

O eternal God and King of all creation, who hast granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word, and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord. to pass the sleep of this night in peace, that when I rise

from my bed, I may please Thy most holy Name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For Thine is the kingdom, the power, and the glory, of the Father, Son, and Holy Spirit, now and ever and unto ages of ages. Amen.

PRAYER OF ST. ANTIOCH TO CHRIST (M)

O Ruler of all, Word of the Father, Jesus Christ, Thou who art perfect, never in Thy great mercy leave me, but ever abide in me, Thy servant. O Jesus, Good Shepherd of Thy sheep, deliver me not to the revolt of the servant and leave me not to the will of Satan, for the seed of corruption is in me. Lord, God whom we adore, holy King, Jesus Christ, guard me asleep by the unwaning light, Thy Holy Spirit, by whom Thou didst sanctify Thy disciples. O Lord, grant me, Thine unworthy servant, Thy salvation on my bed. Enlighten my mind with the light of understanding of Thy holy Gospel. Enlighten my heart with the purity of Thy Word. Enlighten my body with Thy passionless Passion. Keep my thoughts in Thy humility. And rouse me in good time to glorify Thee, for Thou art supremely glorified, with Thine eternal Father and Thy most Holy Spirit for ever. Amen.

Next: *GUARDIAN ANGEL ›*

PRAYER OF ST. EPHRAIM THE SYRIAN TO THE HOLY SPIRIT (Tu)

O Lord, heavenly King, Comforter, Spirit of Truth, have compassion and mercy on Thy servant and pardon my unworthiness, and forgive me all the sins that I humanly committed today, and not only humanly but even worse than a beast — my voluntary sins, known and unknown, from my youth and from evil suggestions, and from my brazenness, and from boredom. If I have sworn by Thy name or blasphemed it in thought, blamed or reproached anyone, or in my anger have detracted or slandered anyone, or grieved anyone, or if I have become angry about anything, or have told a lie, if I have slept unnecessarily, or if a beggar has come to me and I despised or neglected him, or if I have troubled my brother or quarreled with him, or if I have condemned anyone, or have boasted, or have been proud, or lost my temper with anyone, of if when standing in prayer my mind has been distracted by the glamour of this world, or if I have had depraved thoughts, or have overeaten or have drunk excessively, or have laughed frivolously, or have thought evil, or have seen the attraction of someone and been wounded by it in my heart, or said indecent things, or made fun of my brother's sin when my own faults are countless, or been neglectful of prayer, or have done some other wrong that I cannot remember — for I have done all this and much more — have mercy, my Lord and Creator, on me, Thy wretched and unworthy servant, and absolve and forgive and deliver me in Thy goodness and love for men, so that lustful, sinful, and wretched as I am, I may lie down and sleep and rest in peace. And I shall worship, praise, and

glorify Thy most honorable Name, with the Father and His only begotten Son, now and ever and for all ages. Amen.

Next: *GUARDIAN ANGEL ›*

PRAYER (W)

O Lord our God, in Thy goodness and love for men forgive me all sins I have committed today in word, deed, or thought. Grant me peaceful and undisturbed sleep. Send Thy guardian angel to guard and protect me from all evil. For Thou art the guardian of souls and bodies, and unto Thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

PRAYER (W)

O Lord our God, in whom we believe and whose Name we invoke above every name, grant us preparing for sleep, relaxation of soul and body, and keep us from all temptations and dark pleasures. Stop the rushing of passions and quench the burning of bodily tensions. Grant us to live chastely in word and act, that we may live a life of heroic virtue and not fall away from Thy promised blessings. For Thou art blessed forever. Amen.

Next: *GUARDIAN ANGEL ›*

PRAYER OF ST. JOHN CHRYSOSTOM (Th)

Supplicatory prayers corresponding to the twenty-four hours of the day.

Day

1. Lord, deprive me not of Thy heavenly joys.
2. Lord, deliver me from eternal torments.
3. Lord, if I have sinned in mind or thought, in word or deed, forgive me.
4. Lord, deliver me from all ignorance, forgetfulness, cowardice, and stony insensibility.
5. Lord, deliver me from every temptation.
6. Lord, enlighten my heart, which evil desires have darkened.
7. Lord, I, being a human, have sinned; but Thou, being the generous God, have mercy on me, knowing the sickness of my soul.
8. Lord, send Thy grace to my help that I may glorify Thy holy Name.
9. Lord Jesus Christ, write me, Thy servant, in the book of life and grant me a good end.
10. Lord my God, even though I have done nothing good in Thy sight, yet grant me by Thy grace to make a good start.
11. Lord, sprinkle into my heart the dew of Thy grace.
12. Lord of heaven and earth, remember me, Thy sinful servant, shameful and unclean, in Thy kingdom. Amen.

Night

13. Lord, accept me in penitence.
14. Lord, leave me not.
15. Lord, lead me not into temptation.
16. Lord, grant me good thoughts.
17. Lord, grant me tears, the remembrance of death and compunction.
18. Lord, grant me the thought of confessing my sins.
19. Lord, grant me humility, chastity, and obedience.
20. Lord, grant me patience, courage, and meekness.
21. Lord, plant in me the root of all blessings, the fear of Thee in my heart.
22. Lord, grant me to love Thee with all my mind and soul, and always to do Thy will.
23. Lord, protect me from certain people and demons and passions and from every other harmful thing.
24. Lord Thou knowest that Thou actest as Thou wilt; may Thy will also be in me, a sinner, for blessed art Thou forever. Amen.

Next: *GUARDIAN ANGEL ›*

PRAYER TO OUR LORD JESUS CHRIST (F)

O Lord Jesus Christ, Son of God, for the sake of Thy most honorable Mother, Thy fleshless angels, Thy prophet and forerunner and baptizer John, all the God-inspired apostles, the radiant and victorious martyrs, the holy and God-bearing Fathers, and by the prayers of all saints, deliver me from the besetting presence of the devil. My Lord and Creator, who desirest not the death of the sinner but that He should be converted and live, grant also conversion to me, wretched and unworthy; snatch me from the jaws of the pernicious serpent, who is ravening to devour me and drag me down to hell alive. My Lord, my comfort, who was clothed in corruptible flesh for my miserable soul, deliver me from misery and grant comfort to my miserable soul. Implant in my heart to fulfill Thy commandments, to forsake my evil deeds, and to receive Thy joys. Save me, for I hope in Thee, O Lord. Amen.

PRAYER OF INTERCESSION TO THE MOST HOLY THEOTOKOS (F)

O good Mother of the good King, most pure and blessed Virgin Mary, pour out the mercy of thy Son and our God on my passionate soul and guide me in good works by thy prayers, that I may pass the rest of my life without defilement and find paradise through thee, O Virgin Mother of God, who alone art pure and blessed.

PRAYER TO ONE'S GUARDIAN ANGEL

O angel of Christ, holy guardian and protector of my soul and body, forgive me of everything wherein I have offended you every day of my life, and protect me from all influence and temptation of the Evil One. May I nevermore anger God by any sin. Pray for me to the Lord that He will make me worthy of the grace of the all-holy Trinity, and of the most blessed Theotokos, and of all the Saints. Amen.

HYMNS TO THE MOTHER OF GOD

To thee, the champion leader, we thy servants ascribe thank-offerings of victory. For thou hast delivered us from terrors, O Theotokos; but as thou hast power which is invincible, from all dangers set us free, that we may cry out to thee: Rejoice, O bride without bridegroom!

Most glorious, ever-virgin, blessed Mother of Christ our God, present our prayer to thy Son and our God, and pray that through thee He may save our souls.

I put all my hope in thee, O Theotokos. Guard me under thy protection.

O Virgin Mother of God, despise not me, a sinner, needing thy help and protection, and have mercy on me, for my soul hopes in thee.

Then examine your conscience, asking forgiveness for all those things wherein you have sinned.

O Lord, our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for Thou art good and lovest mankind. Grant me peaceful and undisturbed sleep, and deliver me from all influence and temptation of the Evil One. Raise me up again in proper time that I may glorify Thee, for Thou art blessed, with Thine only begotten Son and Thine all-holy Spirit, now and ever and unto ages of ages. Amen.

Here add your own private devotions, entreating the Lord in your own words or with THE GENERAL INTERCESSION.

THE READINGS

The assigned texts from the Scriptures and/or the writings of the Fathers may be read now, if it is desired to read them during the Evening Prayers.

CONCLUSION

The troparion for Mon, Tue, Wed, Thu, FRI, or Sat may be said. If known, the troparion for the Saint whose feast it is may also be said now.

O Lord, save Thy people, and bless Thine inheritance, granting to Thy people victory over all their adversaries, and by the power of Thy Cross preserve Thine estate.

It is truly meet to bless thee, O Theotokos, who art ever blessed and all blameless and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the

Seraphim, thou who without stain barest God the Word, and art truly Theotokos, we magnify thee.

Glory…; both now…

Lord have mercy. *3x*

O Lord Jesus Christ, the Son of God, through the intercessions of Thine immaculate Mother, of *Saint N*. *(your patron Saint)*, and of all Thy Saints, have mercy on us and save us, for Thou art a merciful God, and lovest mankind. Amen.

Through the prayers of our Holy Fathers, Lord Jesus Christ, have mercy on us and save us. Amen.

THE PRAYER OF ST. EPHRAIM THE SYRIAN

This prayer is used throughout Great Lent.

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. *(prostration)*

But grant rather the spirit of chastity, humility, patience and love to Thy servant. *(prostration)*

Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. *(prostration)*

O God, cleanse me a sinner. *12x with metanias*

Then the entire Prayer of Saint Ephraim is said without the prostrations and a single prostration is made at the end.

BEFORE GOING TO SLEEP

Kiss your cross and icon, make the sign of the Cross over your bed, from head to foot and from side to side, saying:

Guard me, O Lord, by the power of Thy holy and life-giving Cross, and keep me from all evil.

Just before yielding yourself to sleep, say:

Into Thy hands, O Lord, I commend my soul and my body. Do Thou bless me, have mercy on me, and grant me life eternal. Amen.

Saturday Evening Prayers

For use when unable to be present at Great Vespers

Silently light your candles and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

Lord, Jesus Christ, Son of God, have mercy on me, a sinner. *3x*

Then make the Sign of the Cross, saying:

In the Name of the Father and of the Son and of the Holy Spirit. Amen.

From the Holy and Great Sunday of Pascha until the Feast of Pentecost, the introductory prayers, Glory to Thee, our God, glory to Thee. Heavenly King, O Comforter… are not said.

Glory to Thee, our God, glory to Thee.

O heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things: Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

From the Holy and Great Sunday of Pascha until the eve of the Feast of the Ascension, in place of Holy God… and Come, let us worship… we say, Christ is risen from the dead… 3x

Holy God…. *3x*

Glory…; both now…

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for Thy Name's sake.

Lord have mercy. *3x*

Glory…; both now…

Our Father, who art in the heavens, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth, as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the Evil One.

If there is a priest, He adds the usual exclamation. Otherwise continue as follows:

O come, let us worship and fall down before God our King. *(metania)*

O come, let us worship and fall down before Christ our King and our God. *(metania)*

O come, let us worship and fall down before the Very Christ our King and our God. *(metania)*

PSALM 103

Bless the Lord, O my soul. O Lord my God, Thou art very great; Thou art clothed with honor and majesty. Who coverest Thyself with light as with a garment: who stretchest out the heavens like a curtain: Who layeth the beams of His chambers in the waters:

who maketh the clouds His chariot: who walketh upon the wings of the wind: Who maketh His angels spirits; His ministers a flaming fire: Who laid the foundations of the earth, that it should not be removed forever. Thou coveredst it with the deep as with a garment: the waters stood above the mountains. At Thy rebuke they fled; at the voice of Thy thunder they hasted away. They go up by the mountains; they go down by the valleys unto the place which Thou hast founded for them. Thou hast set a bound that they may not pass over; that they turn not again to cover the earth.

He sendeth the springs into the valleys, which run among the hills. They give drink to every beast of the field: the wild asses quench their thirst. By them shall the fowls of the heaven have their habitation, which sing among the branches. He watereth the hills from His chambers: the earth is satisfied with the fruit of Thy works. He causeth the grass to grow for the cattle, and herb for service of man: that He may bring forth food out of the earth: And wine that maketh glad the heart of man, and oil to make His face shine, and bread which strengtheneth man's heart.

The trees of the Lord are full of sap; the cedars of Lebanon, which He hath planted; Where the birds make their nests: as for the stork, the fir trees are her house. The high hills are a refuge for the wild goats; and the rocks for the conies. He appointed the moon for seasons: the sun knoweth His going down. Thou makest darkness, and it is night: wherein all the beasts of the forest do creep forth. The young lions roar after their prey, and seek their meat from God. The sun ariseth, they gather themselves together,

and lay them down in their dens. Man goeth forth unto His work and to His labour until the evening.

O Lord, how manifold are Thy works! In wisdom hast Thou made them all: the earth is full of Thy riches. So is this great and wide sea, wherein are things creeping, innumerable, both small and great beasts. There go the ships: there is that leviathan, whom Thou hast made to play therein. These wait all upon Thee; that Thou mayest give them their meat in due season. That Thou givest them they gather: Thou openest Thine hand, they are filled with good. Thou hidest Thy face, they are troubled: Thou takest away their breath, and they die, and return to their dust. Thou sendest forth Thy spirit, they are created: and Thou renewest the face of the earth.

The glory of the Lord shall endure forever: the Lord shall rejoice in His works. He looketh on the earth, and it trembleth: He toucheth the hills, and they smoke. I will sing unto the Lord as long as I live: I will sing praise to my God while I have my being. My meditation of Him shall be sweet: I will be glad in the Lord. Let the sinners be consumed out of the earth, and let the wicked be no more. Bless Thou the Lord, O my soul. Praise ye the Lord. The sun knoweth His going down. Thou makest darkness, and it is night. O Lord, how manifold are Thy works! In wisdom hast Thou made them all.

Glory…; both now…

Alleluia, alleluia, alleluia. Glory to Thee, O God. *3x*

O our God and our Hope, glory to Thee.

FROM PSALM 140

O Lord, I have cried out unto to Thee, hear Thou me. Hear Thou me, O Lord. O Lord, I have cried unto Thee, hear Thou me: give ear to the voice of my supplication, when I cry out unto Thee. Hear Thou me, O Lord.

Let my prayer be set forth before Thee as the incense; and the lifting up of my hands as the evening sacrifice. Hear Thou me, O Lord.

PHOS HILARON

O gladsome Light of the holy glory of the immortal Father, the heavenly, the holy blessed, Jesus Christ. Now that we are come to the setting of the sun and behold the light of evening, we hymn Thee: Father, Son and Holy Spirit, God. It is meet and right that at all times Thou shouldst be magnified, O Son of God and Giver of life: wherefore, the whole world glorifieth Thee.

THE EVENING PRAYER

Vouchsafe, O Lord, to keep us this night without sin. Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy Name forever. Amen.

Let Thy mercy be upon us, O Lord, even as we have set our hope on Thee. Blessed art Thou, O Lord; teach me Thy statutes. Blessed art Thou, O Master; make me to understand Thy commandments. Blessed art Thou, O Holy One; enlighten me with Thy precepts.

Thy mercy, O Lord, endureth forever: O despise not the works of Thy hands. To Thee belongeth worship, to Thee belongeth praise, to Thee belongeth glory: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

Here the Troparion of the Resurrection in the proper tone — 1, 2, 3, 4, 5, 6, 7, or 8 — may be said.

THE HYMN OF ST. SIMEON

Lord, now lettest Thou Thy servant depart in peace, according to Thy word: for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all people; a light to lighten the Gentiles, and the glory of Thy people Israel.

If you plan to receive Holy Communion at the Divine Liturgy tomorrow, at this time pray the Prayers of Preparation.

Sunday Morning Prayers

For use when unable to be present at Orthros

Silently light your candles and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

Lord, Jesus Christ, Son of God, have mercy on me, a sinner. *3x*

Then make the Sign of the Cross, saying:

In the Name of the Father and of the Son and of the Holy Spirit. Amen.

From the Holy and Great Sunday of Pascha until the Feast of Pentecost, the introductory prayers, Glory to Thee, our God, glory to Thee. Heavenly King, O Comforter… are not said.

Glory to Thee, our God, glory to Thee.

O heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things: Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

From the Holy and Great Sunday of Pascha until the eve of the Feast of the Ascension, in place of Holy God… and Come, let us worship… we say, Christ is risen from the dead… 3x

Holy God…. *3x*

Glory…; both now…

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for Thy Name's sake.

Lord have mercy. *3x*

Glory...; both now...

Our Father, who art in the heavens, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth, as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the Evil One.

If there is a priest, He adds the usual exclamation. Otherwise continue as follows:

O come, let us worship and fall down before God our King. *(metania)*

O come, let us worship and fall down before Christ our King and our God. *(metania)*

O come, let us worship and fall down before the Very Christ our King and our God. *(metania)*

PSALM 3

Lord, how are they increased that trouble me! Many are they that rise up against me. Many there be which say of my soul, there is no help for Him in God. But Thou, O Lord, art a shield for me; my glory, and the lifter up of mine head. I cried unto the Lord

with my voice and He heard me out of His holy hill. I laid me down and slept; I awaked; for the Lord sustained me. I will not be afraid of ten thousands of people, that have set themselves against me round about. Arise, O Lord; save me, O my God: for Thou hast smitten all mine enemies upon the cheek bone; Thou hast broken the teeth of the ungodly. Salvation belongeth unto the Lord: Thy blessing is upon Thy people.

I laid me down and slept; I awaked, for the Lord sustained me.

PSALM 37

O Lord, rebuke me not in Thy wrath: neither chasten me in Thy hot displeasure. For Thine arrows stick fast in me, and Thy hand presseth me sore. There is no soundness in my flesh because of Thine anger; neither is there any rest in my bones because of my sin. For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me. My wounds stink and are corrupt because of my foolishness. I am troubled; I am bowed down greatly; I go mourning all the day long. For my loins are filled with a loathsome disease: and there is no soundness in my flesh. I am feeble and sore broken: I have roared by reason of the disquietness of my heart. Lord, all my desire is before Thee; and my groaning is not hid from Thee. My heart panteth, my strength faileth me: as for the light of mine eyes, it is also gone from me. My lovers my friends stand aloof from my sore; and my kinsmen stand afar off They also that seek my hurt speak mischievous things, and imagine deceits all the day long. But I, as a deaf man, heard not and I was as a dumb man that openeth not His mouth.

Thus I was as a man that heareth not, and in whose mouth are no reproofs. For in Thee, O Lord, do I hope: Thou wilt hear, O Lord my God. For I said, Hear me, lest otherwise they should rejoice over me: when my foot slippeth, they magnify themselves against me. For I am ready to halt, and my sorrow is continually before me. For I will declare mine iniquity; I will be sorry for my sin. But mine enemies are lively, and they are strong: and they that hate me wrongfully are multiplied. They that also render evil for good are mine adversaries; because I follow the thing that good is. Forsake me not, O Lord: O my God, be not far from me. Make haste to help me, O Lord my salvation.

Forsake me not, O Lord: O my God, be not far from me. Make haste to help me, O Lord my salvation. *2x*

PSALM 62

O God, Thou art my God; early will I seek Thee: my soul thirsteth for Thee, my flesh longeth for Thee in a dry and thirsty land, where no water is; to see Thy power and Thy glory, so as I have seen Thee in the sanctuary. Because Thy lovingkindness is better than life, my lips shall praise Thee. Thus will I bless Thee while I live: I will lift up my hands in Thy name. My soul shall be satisfied as with marrow and fatness; and my mouth shall praise Thee with joyful lips: when I remember Thee upon my bed, and meditate on Thee in the night watches. Because Thou hast been my help, therefore in the shadow of Thy wings will I rejoice. My soul followeth hard after Thee: Thy right hand upholdeth me. But those that seek after my soul, to destroy it, shall go into the lower

parts of the earth. They shall fall by the sword: they shall be a portion for foxes. But the king shall rejoice in God; everyone that sweareth by Him shall glory: but the mouth of them that speak lies shall be stopped.

I meditate on Thee in the night watches: Because Thou hast been my help, therefore in the shadow of Thy wings will I rejoice. My soul followeth hard after Thee: Thy right hand upholdeth me.

Glory…; both now…

Alleluia, alleluia, alleluia. Glory to Thee, O God. *3x*

Lord have mercy. *3x*

Glory…; both now…

PSALM 87

O Lord God of my salvation, I have cried day and night before Thee: let my prayer come before Thee: incline Thine ear unto my cry; for my soul is full of troubles: and my life draweth nigh unto the grave. I am counted with them that go down into the pit: I am as a man that hath no strength: free among the dead, like the slain that lie in the grave, whom Thou rememberest no more: and they are cut off from Thy hand. Thou hast laid me in the lowest pit, in darkness, in the deeps. Thy wrath lieth hard upon me, and Thou hast afflicted me with all Thy waves. Thou hast put away mine acquaintance far from me: Thou has made me an abomination unto them: I am shut up, and I cannot come forth. Mine eye mourneth by reason of affliction: Lord, I have called daily upon

Thee, I have stretched out my hands unto Thee. Wilt Thou show wonders to the dead? Shall the dead arise and praise Thee? Shall Thy lovingkindness be declared in the grave? Or Thy faithfulness in destruction? Shall Thy wonders be known in the dark? And Thy righteousness in the land of forgetfulness? But unto Thee have I cried, O Lord; and in the morning shall my prayer come before Thee. Lord, why castest Thou off my soul? Why hidest Thou Thy face from me? I am afflicted and ready to die from my youth up: while I suffer Thy terrors I am distracted. Thy fierce wrath goeth over me: Thy terrors have cut me off. They came round about me daily like water; they compassed me about together. Lover and friend hast Thou put far from me, and mine acquaintance into darkness.

O Lord God of my salvation, I have cried day and night before Thee: let my prayer come before Thee: incline Thine ear unto my cry.

PSALM 102

Bless the Lord, O my soul: and all that is within me, bless His holy name. Bless the Lord, O my soul, and forget not all His benefits: who forgiveth all Thine iniquities; who healeth all Thy diseases; who redeemeth Thy life from destruction; who crowneth Thee with lovingkindness and tender mercies; who satisfieth Thy mouth with good things; so that Thy youth is renewed like the eagle's. The Lord executeth righteousness and judgment for all that are oppressed. He made known His ways unto Moses, His acts unto the children of Israel. The Lord is merciful and gracious,

slow to anger, and plenteous in mercy. He will not always chide: neither will He keep His anger forever. He hath not dealt with us after our sins; nor rewarded us according to our iniquities. For as the heaven is high above the earth, so great is His mercy toward them that fear him. As far as the east is from the west, so far hath He removed our transgressions from us. Like as a father pitieth His children, so the Lord pitieth them that fear him. For He knoweth our frame; He remembereth that we are dust. As for man, His days are grass: as a flower of the field, so He flourisheth. For the wind passeth over it, and it is gone; and the place thereof shall know it no more. But the mercy of the Lord is from everlasting to everlasting upon them that fear him, and His righteousness unto children's children; to such as keep His covenant, and to those that remember His commandments to do them. The Lord hath prepared His throne in the heavens; and His kingdom ruleth over all. Bless the Lord, ye His angels, that excel in strength, that do His commandments, hearkening unto the voice of His word. Bless ye the Lord, all ye His hosts; ye ministers of his, that do His pleasure. Bless the Lord, all His works in all places of His dominion: Bless the Lord, O my soul.

In all places of His dominion: bless the Lord, O my soul.

PSALM 142

Hear my prayer, O Lord, give ear to my supplications: in Thy faithfulness answer me, and in Thy righteousness. And enter not into judgement with Thy servant: for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; He

hath smitten my life down to the ground; He hath made me to dwell in the darkness as those that have been long dead. Therefore is my spirit overwhelmed within me; my heart within me is desolate. I remember the days of old; I meditate on all Thy works; I muse on the work of Thy hands. I stretch forth my hands unto Thee: my soul thirsteth after Thee, as a thirsty land. Hear me speedily, O Lord, my spirit faileth: hide not Thy face from me, lest I be like unto them that go down into the pit. Cause me to hear Thy lovingkindness in the morning; for in Thee do I trust: Cause me to know the way wherein I should walk: for I lift up my soul unto Thee. Deliver me, O Lord, from mine enemies: I flee unto Thee to hide me. Teach me to do Thy will: for Thou art my God: Thy spirit is good: lead me into the land of uprightness. Quicken me, O Lord, for Thy name's sake. For Thy righteousness' sake bring my soul out of trouble. And of Thy mercy cut off mine enemies, and destroy all them that afflict my soul: for I am Thy servant.

O Lord, give ear to my supplications: and enter not into judgment with Thy servant.

Thy spirit is good; lead me into the land of uprightness.

Glory…; both now…

Alleluia, alleluia, alleluia. Glory to Thee, O God. *3x*

O our God and our Hope, glory to Thee.

EVLOGETARIA

Blessed art Thou, O Lord: teach me Thy statutes.

The company of the Angels was amazed, when they beheld Thee numbered among the dead, yet Thyself, O Savior, destroyed the power of death, and with Thee raising up Adam and releasing all men from Hell.

Blessed art Thou, O Lord: teach me Thy statutes.

Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand; for the Savior is risen from the tomb.

Blessed art Thou, O Lord: teach me Thy statutes.

Very early in the morning did the Myrrh-bearing Women run lamenting unto Thy tomb; but an Angel came toward them, saying: The time for lamentation is passed; weep not, but announce unto the Apostles the Resurrection.

Blessed art Thou, O Lord: teach me Thy statutes.

The Myrrh-bearing Women mourned as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them saying: Why number ye the living among the dead? In that He is God, He is risen from the grave.

Glory...

We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in One Essence; crying with the Seraphim: Holy, holy, holy art Thou, O Lord.

Both now...

In that Thou didst bear the Giver of Life, O Virgin, Thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He who was incarnate of Thee, both God and man, hath restored to life those who had fallen therefrom.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *3x*

O our God and our Hope, glory to Thee.

In that we have beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. Thy cross do we adore, O Christ, and Thy holy resurrection we praise and glorify; for Thou art our God, and we know none other beside Thee; we call upon Thy name. O come, all ye faithful, let us adore Christ's holy resurrection. For lo, through the cross is joy come into all the world. Ever blessing the Lord, let us sing His resurrection: for in that He endured the cross for us He hath destroyed death by death.

THE GREAT DOXOLOGY

Glory to Thee, who hast shown us the light. Glory be to God on high, and on earth peace, and good will among men.

We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.

O Lord, heavenly King, God the Father almighty; O Lord, the only begotten Son, Jesus Christ; and the Holy Spirit.

O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us. Thou that takest away the sins of the world.

Receive our prayer, O Thou that sittest at the right hand of the Father, and have mercy on us.

For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.

Every day will I bless Thee, and I will praise Thy name forever; yea forever and ever.

Vouchsafe, O Lord, to keep us this day without sin.

Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified be Thy name forever. Amen.

Let Thy mercy, O Lord, be upon us as we do put our hope in Thee.

Blessed art Thou, O Lord, teach me Thy statutes. *3x*

Lord, Thou hast been our refuge in all generations, I said be merciful unto me, heal my soul for I have sinned against Thee.

Lord, I have fled unto Thee, teach me to do Thy will for Thou art my God.

For with Thee is the fountain of life; in Thy light shall we see light.

O continue Thy loving kindness unto them that know Thee.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. *3x*

Glory...; both now...

Holy Immortal, have mercy on us.

Holy God...

If the Tone of the Day is 1, 2, 3 or 4, say:

Today is salvation come unto the world. Let us sing praises to Him that rose from the grave, the author of our life. For having by death destroyed death, He hath given us victory and great mercy.

If the Tone of the Day is 5, 6, 7 or 8, say:

Having risen from the tomb and having burst the bonds of Hades, Thou didst loose the condemnation of death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee, and through them Thou hast granted Thy peace unto the civilized world, O Thou who alone are plenteous in mercy.

Then depart in peace to the church to sanctify the Lord's Day through participation in the Divine Liturgy.

General Intercession

FOR THE LIVING

O Lord Jesus Christ, our God, in Thy mercies and loving-kindness Thou regardest the humble prayers of all who call upon Thee with their whole heart; incline Thine ear and hear now my prayer, offered to Thee in humility.

Be mindful, O Lord, of Thy Holy Orthodox-Catholic and Apostolic Church; confirm and strengthen it, increase it and keep it in peace, and preserve it unconquerable forever. *(prostration)*

Save, O Lord, and have mercy upon the Holy Orthodox Patriarchs, our *Archbishop N.,* our regional *Bishop N.,* and on every Bishop of the Orthodox; the Priest and Deacons and all the clergy of Thy Church, whom Thou hast established to feed Thy reason-endowed flock. Through their prayers, have mercy upon me and save me, a sinner. *(prostration)*

Save, O Lord, and have mercy upon the President of this country, on all civil authorities and on the armed forces. Surround them with peace, and speak peace and goodness into their hearts for Thy Holy Church and all Thy people. In their calm may we live a calm and silent life in the True Faith and in all piety and purity. *(prostration)*

Save, O Lord, and have mercy upon our father, the Priest/ *Archpriest N.* *(here is inserted the name of your parish priest)*, with all our brethren in Christ, and through their prayers have mercy on me, who am wretched. *(prostration)*

Save, O Lord, and have mercy on my spiritual father *N.*, and forgive my transgressions through His holy prayers. *(prostration)*

Save, O Lord, and have mercy on all our brethren who serve this holy Church — the parish council, the choir, the teachers, the custodians and cleaners, and all who work for our parish, and all Christians. *(prostration)*

Save, O Lord, and have mercy on my parents *NN*. *[if they are still living]*, my wife/husband *N.*, my children *NN.*, my brothers and sisters and all my relatives according to the flesh, those who are close to my family, and my friends, especially *N*. Grant them mercy, live, peace, health, salvation and visitation, and pardon and remission of sins; that they may evermore praise and glorify Thy Holy Name. *(prostration)*

Save, O Lord, and have mercy on our fathers, brothers, and sisters who live with patient faith in the monasteries of the Holy Mountain, Russia, America, and any other place. Through their prayers, have mercy on me a sinner. *(prostration)*

Save, O Lord, and have mercy, according to the multitude of Thy compassions, on all hieromonks, monks, nuns, and on all, who in virginity, reverence, and fasting, live in monasteries, in deserts and caves, on mountains and pillars, in hermitages and cleft rocks, on islands in the sea, and who live in the True Faith in every place of Thy dominion, serving Thee piously and praying to Thee. Lighten their burden and console them in sorrow. Grant them strength and resolution in their struggles, and grant me remission of sins through their prayers. *(prostration)*

Save, O Lord, and have mercy on the old and the young, the poor, the orphans and widows, and on those who are in sickness and in sadness, in misfortunes and in sorrow, in war and in captivity, in prison and in exile — especially those who, being Thy servants, are persecuted for Thy sake and the Orthodox Faith by godless heathens, apostates, and heretics. Remember, visit, strengthen, and comfort them, giving them early release, freedom, and deliverance by Thy might. *(prostration)*

Save, O Lord, and have mercy on our benefactors who have mercy on us and feed us, giving us alms and security, and ask us to pray for them, despite our unworthiness. Be Thou merciful to them and grant their every petition for salvation and the reward of eternal good things. *(prostration)*

Save, O Lord, and have mercy on all our fathers, brothers, and sisters and all Orthodox Christians who are traveling in Thy service. *(prostration)*

Save, O Lord, and have mercy on those whom I have caused to stumble, turning them away from the path of salvation and leading them to evil and unseemly deeds. Return them to the path of salvation by Thy Divine Providence. *(prostration)*

Save, O Lord, and have mercy on those who hate and offend me and do me harm. Do not let them perish because of me, a sinner. *(prostration)*

Enlighten with the light of Thy knowledge those who have left the Orthodox Faith and have been blinded by devastating

heresies, reuniting them to Thy One, Holy, Orthodox-Catholic and Apostolic Church. *(prostration)*

Save, O Lord, and have mercy on me, Thy humble servant; grant me Thy grace, that I may be diligent and faithful; that I may avoid evil company and influence, and resist all temptation; that I may lead a godly and righteous life, blameless and peaceful, ever serving Thee, that I maybe accounted worthy at the last to enter into the Kingdom of Heaven. *(prostration)*

FOR THE DEPARTED

Remember, O Lord, all Orthodox Patriarchs and Metropolitans; Archbishops and Bishops; Priests and those who serve in Holy Orders; those who serve Thee in monastic ranks and the blessed founder of our holy church. Grant them rest with the Saints in Thine eternal dwellings. *(prostration)*

Remember, O Lord, the souls of Thy departed servants, my parents *NN.* *(if they have already fallen asleep in the Lord)*, and all my relatives according to the flesh. Forgive all their sins, both voluntary and involuntary. Grant them participation in Thine eternal good things and the enjoyment of the eternal and blessed life. *(prostration)*

Remember, O Lord, all our departed fathers, brothers, and sisters, the Orthodox Christians who lie here and everywhere in the hope of the Resurrection and eternal life, especially *N.* Grant them to live with Thy Saints under the Light of Thy countenance.

Have mercy on us also, for Thou art good and lovest mankind. Amen. *(prostration)*

Grant remission of sins, O Lord, to all our fathers, brothers, and sisters who have departed before us in faith and the hope of the Resurrection, and make their memory eternal. *(prostration) 3x*

Hear my prayer, O Lord, for Thou art merciful and compassionate, and lovest mankind, and to Thee are due all glory, honor and worship: to the Father and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

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The Resurrection Apolytikia & Daily Troparia

THE RESURRECTIONAL APOLYTIKIA

Tone 1, 2, 3, 4, 5, 6, 7, 8

Tone 1

While the stone was sealed by the Jews, and soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world; for which cause the heavenly powers cried aloud unto Thee, O Giver of Life: Glory to Thy Resurrection, O Christ; glory to Thy Kingdom; glory to Thy Providence, O Thou who alone art the Lover of mankind!

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Tone 2

When Thou didst submit Thyself unto death, O Thou Deathless and Immortal One, then Thou didst destroy Hell with Thy Godly pow'r; and when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: "O Christ Thou Giver of Life, glory to Thee!"

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Tone 3

Let the heavens rejoice and the earth be glad for the Lord hath done a mighty act with His own arm; He hath trampled down death by death and became the first born from the dead; He hath delivered us from the depths of Hades, granting the world the great mercy.

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Tone 4

Having learned the joyful message of the Resurrection of the angel, the women disciples of the Lord cast from them their parental condemnation, and proudly broke the news to the disciples, saying Death hath been spoiled, Christ God is risen, granting the world great mercy!

back to SATURDAY EVENING PRAYERS ›

Tone 5

Let us believers praise and worship the Word, coeternal with the Father and the Spirit, born of the Virgin for our salvation; for He took pleasure in ascending the Cross in the flesh, to suffer death, and to raise the dead by His glorious Resurrection.

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Tone 6

When Mary stood at Thy grave looking for Thy sacred Body, angelic powers shone above Thy revered tomb, and the soldiers

who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby; Thou didst meet the Virgin and didst give Life to the world; O Thou who art risen from the dead, O Lord, glory to Thee.

back to [*SATURDAY EVENING PRAYERS ›*]

Tone 7

Thou hast shattered death by Thy Cross; Thou didst open Paradise to the thief; Thou didst turn the sadness of the ointment bearing women into joy, and didst bid Thine Apostles proclaim a warning that Thou hast risen, O Christ, granting to the world the great mercy.

back to [*SATURDAY EVENING PRAYERS ›*]

Tone 8

From the heights Thou didst descend, O Compassionate One, and Thou didst submit to the three day burial, that Thou might deliver us from passion; Thou art our life and our resurrection: O Lord glory to Thee.

back to [*SATURDAY EVENING PRAYERS ›*]

THE DAILY TROPARIA

MON, TUE, WED, THU, or Fri

The Holy Angels (M)

O ye foremost of the heavenly hosts, we, though unworthy, beseech you by your petitions that ye would compass us with the shadow of you immaterial glory, preserving us who kneel and cry ceaselessly, *"Deliver us from oppressions, since ye are the princes of the ranks of dominions on high."*

Next: FOR THE DEPARTED ›

Forerunner and Baptist John (Tu)

The memory of the righteous is celebrated with songs of praise, but the Lord's testimony is sufficient for Thee, O Forerunner. Thou wast shown indeed to be the most honorable of the prophets, for in the waters Thou didst baptize Him who had been proclaimed. After suffering with joy in behalf of the truth, Thou didst proclaim even to those in hades the God who appeared in the flesh, who taketh away the sins of the world and granteth us great mercy.

Next: FOR THE DEPARTED ›

The Holy Cross (W)

O Lord, save Thy people, and bless Thine inheritance, granting to Thy people victory over all their adversaries, and by the power of Thy Cross preserve Thine estate.

Next: FOR THE DEPARTED ›

The Holy Apostles (Th)

O holy Apostles, intercede with the merciful God that He may grant our souls forgiveness of sins.

St. Nicholas of Myra (Th)

Thy work of justice didst reveal Thee to Thy people as a canon of faith, the likeness of humility, a teacher of abstinence, O Father and Bishop Nicholas. Wherefore by humility Thou didst achieve exaltation and by meekness, richness. Intercede, therefore, with Christ to save our souls.

Next: FOR THE DEPARTED ›

The Holy Cross (F)

O Lord, save Thy people, and bless Thine inheritance, granting to Thy people victory over all their adversaries, and by the power of Thy Cross preserve Thine estate.

Next: FOR THE DEPARTED ›

All the Saints (Sa)

O ye apostles, martyrs, prophets, hierarchs, saints, and righteous, who have fought the good fight and kept the faith, we beseech you, since you have achieved favor with the Savior, plead with Him for our sake, for He is good, to save our souls.

For the Faithful Departed

Remember, O Lord, the souls of Thy servants; for Thou art good. Forgive them all wherein they have sinned in this life; for there is none without sin except Thee, who art able to grant rest to the departed.

Kontakion of the Faithful Departed

O Christ, with the saints, grant rest to the souls of Thy servants in a place where there is no suffering, no sorrows, and no sighs, but life everlasting.

back to: MORNING PRAYERS › / EVENING PRAYERS ›

The Prayers Of Preparation Before Holy Communion

On the day on which you are to partake of the Immaculate Body and Precious Blood, say:

Lord, Jesus Christ, Son of God, have mercy on me, a sinner. *3x*

Then make the Sign of the Cross, saying:

In the Name of the Father and of the Son and of the Holy Spirit. Amen.

From the Holy and Great Sunday of Pascha until the Feast of Pentecost, the introductory prayers, "Glory to Thee, our God, glory to Thee. Heavenly King, O Comforter…" are not said.

Glory to Thee, our God, glory to Thee.

O heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things: Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

From the Holy and Great Sunday of Pascha until the eve of the Feast of the Ascension, in place of "Holy God… and Come, let us worship…" we say, "Christ is risen from the dead…" 3x

Holy God…. *3x*

Glory...; both now...

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for Thy Name's sake.

Lord have mercy. *3x*

Glory...; both now...

Our Father, who art in the heavens, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth, as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the Evil One.

If there is a priest, He adds the usual exclamation. Otherwise continue as follows:

Lord have mercy. *12x*

O come, let us worship and fall down before God our King. *(metania)*

O come, let us worship and fall down before Christ our King and our God. *(metania)*

O come, let us worship and fall down before the Very Christ our King and our God. *(metania)*

PSALM 22

The Lord is my shepherd, and I shall not want. In a place of green pasture, there hath He made me to dwell; beside the water of rest hath He nurtured me. He hath converted my soul, He hath led me on the paths of righteousness for His name's sake. For though I should walk in the midst of the shadow of death, I will fear no evil, for Thou art with me; Thy rod and Thy staff, they have comforted me. Thou hast prepared a table before me in the presence of them that afflict me. Thou hast anointed my head with oil, and Thy cup which filleth me, how excellent it is! And Thy mercy shall pursue me all the days of my life, and I will dwell in the house of the Lord unto length of days.

PSALM 23

The earth is the Lord's, and the fullness thereof, the world, and all that dwell therein. He hath founded it upon the seas, and upon the rivers hath He prepared it. Who shall ascend into the mountain of the Lord? Or who shall stand in His holy place? He that is innocent in hands and pure in heart, who hath not received His soul in vain, and hath not sworn deceitfully to His neighbor. Such a one shall receive a blessing from the Lord, and mercy from God his Savior. This is the generation of them that seek the Lord, of them that seek the face of the God of Jacob. Lift up your gates, O ye princes; and be ye lifted up, ye everlasting gates, and the King of Glory shall enter in. Who is this King of glory? The Lord strong and mighty, the Lord, mighty in war. Lift up your gates, O ye princes; and be ye lifted up, ye everlasting gates, and the King

of Glory shall enter in. Who is this King of glory? The Lord of hosts, He is the King of glory.

PSALM 115

I believed, wherefore I spake; I was humbled exceedingly. As for me, I said in mine ecstasy: Every man is a liar. What shall I render unto the Lord for all that He hath rendered unto me? I will take the cup of salvation, and I will call upon the name of the Lord. My vows unto the Lord will I pay in the presence of all His people. Precious in the sight of the Lord is the death of His saints. O Lord, I am Thy servant; I am Thy servant and the son of Thy handmaid. Thou hast broken my bonds asunder. I will sacrifice a sacrifice of praise unto Thee, and I will call upon the name of the Lord. My vows unto the Lord will I pay in the presence of all His people, in the courts of the house of the Lord, in the midst of thee, O Jerusalem.

Glory…; both now…

Alleluia, alleluia, alleluia. Glory to Thee, O God. *3x*

Lord have mercy. *3x*

O Lord, who wast born of the Virgin, turn away from my transgressions, and purify my heart, making it a temple of Thine immaculate Body and Blood, and cast me not away from Thy countenance, O Thou who hast great mercy without measure.

Glory…

How shall I, the unworthy, dare immodestly to partake of Thy holy things? If, with the worthy, I venture to approach Thee, my garment will denounce me, for it is not a wedding garment, and I shall call forth the reproach and condemnation of my most sinful soul. Cleanse, O Lord, the defilement of my soul, and save me, for Thou art the Lover of mankind.

Both now…

Because of the multitude of my transgressions, I flee to thee, O pure Theotokos, asking for salvation. Visit thou mine infirmed soul, and intercede with thy Son and our God that he grant forgiveness to me who hath committed terrible deeds, O thou who alone art blessed.

Lord have mercy. *40x*

Now make as many prostrations as are prescribed by your rule of prayer.

If Thou desirest, O man, to eat the Body of the Master, approach in fear, lest thou be scorched; for it is fire. And, before drinking the divine Blood unto communion, reconcile thyself to them that have wronged thee. Then dare to eat the mystical food. Before partaking of the dread sacrifice of the life-giving Body of the Master, after this manner and in fear and Trembling, Pray:

1. PRAYER OF ST. BASIL THE GREAT

O Lord and Master, Jesus Christ, our God, Fountain of life and immortality, Creator of all things visible and invisible;

Consubstantial and Co-eternal Son of the eternal Father, who in Thine exceeding great love didst become incarnate in the latter days, and was crucified for us ungrateful and wicked children, and by Thine own Blood didst renew our nature corrupted by sin:

Do Thou, O Immortal King, receive me, a repentant sinner; incline Thine ear unto me and hear my prayer. I have sinned, O Lord, I have sinned against heaven and before Thee, and I am not worthy to lift up my eyes to the majesty of Thy glory, for I have affronted Thy goodness, and broken Thy commandments, and disobeyed Thy laws. But Thou, O Lord most loving, long-suffering and merciful, hast not given me over to perish in my sins, but dost ever await my return. For, O Thou who lovest mankind, Thou hast said, by Thy Prophet, rather that he should turn from his wickedness and live. Thou dost not desire, O Master, to destroy the works of Thy hands or that they should perish, but willest that all men should be saved and come to the knowledge of the Truth.

Wherefore I, although unworthy both of heaven and of earth and of this temporary life, even I, a wretched sinner who had given myself over to every evil desire, despair not of salvation, though I have been wholly subject to sin, a slave to passion, and have defiled Thine image within me, who am Thy creation and Thy work; but trusting in Thine infinite compassion, draw nigh unto Thee. Receive me, O Lord, Thou that lovest mankind, as Thou didst receive the sinful woman, the thief, the publican and the prodigal son. Take away the heavy burden of my sins, O Thou that takest away the sins of the world, and healest the infirmities of men, and callest all that are weary and heavy-laden to Thyself and givest them rest; Thou that earnest not to call the righteous

but sinners to repentance, cleanse Thou me from all stain of body and soul and teach me to fulfill holiness in Thy fear, that with the witness of my conscience pure, I may receive a portion of Thy Holy Gifts, and be united to Thy Holy Body and Precious Blood, and my have Thee, with Thy Father and Thy Holy Spirit, dwelling and abiding in me. And grant, O Lord Jesus Christ, my God, that the partaking of Thy precious and Life-giving Mysteries may not be to my condemnation, nor may not through the weakness of my soul and body be received unworthily; but grant that, even unto my last breath, I may partake of a portion of Thy Holy Gifts without condemnation, unto the Communion of Thy Holy Spirit, as a preparation for eternal Life and for a good defense at Thy dread Judgment Seat; so that I, together with all Thine elect, may also receive those incorruptible good things which Thou hast prepared for them that love Thee, O Lord; in whom Thou art glorified forever. Amen.

2. ANOTHER PRAYER OF ST. BASIL THE GREAT

O Lord, I know that I am unworthy to receive Thy Holy Body and Precious Blood; I know that I am guilty, and that I eat and drink condemnation to myself, not discerning the Body and Blood of Christ my God. But trusting in Thy loving-kindness I come unto Thee who hast said, "He that eateth My Body and drinketh My Blood shall dwell in Me and I in him." Therefore, O Lord, have compassion on me and make not an example of me, Thy sinful servant. But do unto me according to Thy great mercy, and grant that these Holy Gifts may be for me unto the healing, purification, enlightenment, protection, salvation and sanctification of my soul

and body, and to the expulsion of every evil imagination, sinful deed or work of the Devil. May they move me to reliance on Thee and to love Thee always to the increase of virtue, to the keeping of Thy Commandments, to the communion of the Holy Spirit, and as a good defense before Thy dread Judgment Seat, and for Life Eternal. Amen.

3. A PRAYER OF ST. JOHN CHRYSOSTOM

O Lord my God, I know that I am not worthy nor sufficient that Thou shouldest enter under my roof into the habitation of my soul, for it is all deserted and in ruins, and Thou hast not a fitting place in me to lay Thy head. But as from the heights of Thy glory Thou didst humble Thyself, so now bear me in my humility; as Thou didst deign to lie in a manger in a cave, so deign now also to come into the manger of my mute soul and corrupt body. As Thou didst not refrain from entering into the house of Simon the leper, or shrink from eating there with sinners, so also vouchsafe to enter the house of my poor soul, all leprous and full of sin. Thou didst not reject the sinful woman who ventured to draw near to touch Thee, so also have pity on me, a sinner, approaching to touch thee. And grant that I may partake of Thine All-holy Body and Precious Blood for the sanctification, enlightenment and strengthening of my weak soul and body; for the relief from the burden of my many sins; for my preservation against all the snares of the devil; for victory over all my sinful and evil habits; for the mortification of my passions; for obedience to Thy Commandments; for growth in Thy divine Grace and for the inheritance of Thy Kingdom.

For it is not with careless heart that I approach thee, O Christ my God, but I come trusting in Thine infinite goodness, and fearing lest I may be drawn afar from Thee and become the prey of the wolf of souls. Wherefore, I pray thee, O Master, who alone art holy, that Thou wouldst sanctify my soul and body, my mind and heart and reins, and renew me entirely. Implant in my members the fear of thee, be Thou my Helper and Guide, directing my life in the paths of peace, and make me worthy to stand at Thy Right Hand with Thy Saints; through the prayers and intercessions of Thine immaculate Mother, of Thy Bodiless Servitors, of the immaculate Powers, and of all the Saints who from all ages have been well-pleasing unto thee. Amen.

4. ANOTHER PRAYER OF ST. JOHN CHRYSOSTOM

O Lord and Master, I am not worthy that Thou shouldest come under the roof of my soul; but that Thou desirest, O Lover of mankind, to dwell in me, I make bold to draw near. Thou biddest me to open which Thou alone hast made, and Thou dost enter with Thy love for man. Thou dost enter and enlighten my darkened reasoning. I believe that Thou wilt do so. For Thou didst not turn from the harlot when she came to Thee with tears. Neither didst Thou reject the publican who repented, nor the thief when he acknowledged Thy kingdom. Nor didst Thou despise the persecutor when he was converted. But all who came to Thee in repentance Thou didst reckon among Thy friends, O Thou who alone art blessed, always, now and ever, and unto ages of ages. Amen.

5. ANOTHER PRAYER OF ST. JOHN CHRYSOSTOM

O Lord Jesus Christ, my God, absolve, remit, be gracious and forgive me, Thy sinful, unprofitable and unworthy servant, my sins, offenses and transgressions, by which from my youth even unto this present day and hour I have sinned against thee, in knowledge or in ignorance, whether of words or deeds, whether in thought or imagination, in my own counsels and in all my senses. And by the intercessions of her who bore Thee without seed, Mary, Thine all-immaculate and ever-virgin Mother, my only hope which maketh not ashamed, my protection and my salvation, vouchsafe that I may partake without condemnation of Thine immaculate, immortal, life-giving and dread mysteries, for the forgiveness of sins and unto life eternal, unto the sanctification, enlightenment, strength, healing and complete obliteration of my evil thoughts and imaginings and intents, of night fantasies and the evil spirits of darkness; for Thine is the kingdom and the power and the glory and the honor and the worship, with the Father and the Holy Spirit, now and ever, and unto ages of ages. Amen.

6. A PRAYER OF ST. JOHN OF DAMASCUS

O Lord and Master, Jesus Christ our God, who alone hath power to forgive the sins of men, do Thou, O Good One who lovest mankind, forgive all the sins that I have committed in knowledge or in ignorance, and make me worthy to receive without condemnation Thy divine, glorious, immaculate and life-giving Mysteries; not unto punishment or unto increase of sin; but unto

purification, and sanctification and a promise of Thy Kingdom and the Life to come; as a protection and a help to overthrow the adversaries, and to blot out my many sins. For Thou art a God of mercy and compassion and love toward mankind, and unto Thee we ascribe glory together with the Father and the Holy Spirit, now and ever, and unto ages of ages. Amen.

7. A PRAYER OF ST. SIMEON THE NEW THEOLOGIAN

From filthy lips, from a loathsome heart, from an unclean tongue, from a polluted soul, receive my prayer, O my Christ; and despise not my words, neither my manner nor mine impudence. Suffer me to speak boldly that which I desire, O my Christ. Nay, rather, teach me that which it becometh me to do and to speak. I have sinned more than the harlot who, learning where Thou wast lodging, bought ointment and dared to anoint Thy feet, O Christ, my Master and my God. Inasmuch as Thou didst not reject her who came to Thee from her heart, neither loath Thou me, O Word, but grant me also to hold and kiss Thy feet and to dare to anoint them with a flood of tears, as with very precious ointment. Wash me with my tears and purify me thereby, O Word. Forgive my transgression, and grant me pardon. Thou knowest the multitude of mine evil deeds. Thou knowest too my bruises, and Thou seest my wounds. But Thou knowest likewise my faith and beholdest my zeal, and Thou hearest my sighs. No tear is hidden from thee, O my God, my Maker, my Deliverer, nor even a part thereof. Thine eyes knew that which I had not yet done, for in Thy book is written that which I will do.

Behold, my lowliness. Behold, my weariness. Forgive me all my sins, O God of all, that with a pure heart and fearful mind and contrite soul, I may partake of Thine immaculate and all-pure mysteries, wherewith every man who eateth and drinketh thereof with a pure heart is enlivened and made divine. For Thou, O Master, didst say, "*Whosoever eateth my flesh and drinketh my blood abideth in me, and I in him*." True in all ways is the word of my Lord and God; for he who partaketh of the divine and deifying gifts is in no way alone but is with thee, O my Christ, Thou tri-radiant Sun who illumineth the world. Suffer me not to dwell apart from thee, O Giver of life, who art my Breath, my Life, my Joy, the Salvation of the world. Wherefore I draw nigh unto thee, as Thou seest, with tears and contrite soul, beseeching that I may be delivered from my transgressions and may partake without condemnation of Thy life-bestowing and blameless mysteries, that, as Thou hast said, Thou mayest abide with me, the thrice wretched, lest I be found without Thy grace, the tempter should craftily beguile me and entice me away from Thy deifying words.

For this cause I fall down before Thee and earnestly cry unto thee: As Thou didst accept the prodigal son and the harlot when she came to thee, so also receive me, who am as a harlot and a prodigal, O compassionate One. Turning to Thee now with a contrite soul, I know, O Savior, that no man hath so sinned against Thee as I, nor done the things that I have done. Yet this also I know, that neither the magnitude of the transgressions, nor the multitude of the sins surpasseth the great long-suffering of my God and his exceeding love toward mankind. But with the oil of

compassion Thou dost cleanse and enlighten them that earnestly repent, bounteously making them partakers of the light and communicants of Thy divinity. And strange though it be to angels and to the minds of men, Thou dost ofttimes converse with them as with Thy true friends. These things maketh me bold; these things giveth me wing, O my Christ. And emboldened by Thy rich bounty toward us, in joy and trembling I, who am as grass, do partake of fire. And lo, a strange wonder! I am inexplicably bedewed, even as of old the burning bush was not consumed. Now with thankful mind, with thankful heart, with thankfulness in all my members, my soul and my flesh, I worship, magnify and glorify thee, O my God, who art blessed both now and unto the ages. Amen.

8. A PRAYER OF ST. SIMEON THE TRANSLATOR

O Lord, Jesus Christ our God, the Wisdom, Peace and Power of God, who alone art pure and undefiled, who for the compassion of Thine ineffable love for mankind didst take our entire nature from the pure and virginal blood of her who bore Thee in a manner beyond nature by the descent of the divine Spirit and the good will of the unoriginate Father who didst accept the life-giving and saving passion, the cross, the nails, the spear and death: Mortify the soul-corrupting passions of my body, O Thou who by Thy burial didst lead captive the kingdom of Hades. Bury under good thoughts my evil counsels and scatter abroad the evil spirits, O Thou who by Thy life-giving, third-day resurrection didst raise the forefathers who had fallen, raise me up, who slippeth in sin, placing before me the ways of repentance.

O Thou who by Thy glorious ascension didst vouchsafe that the flesh which Thou hadst assumed should sit at the right hand of the Father, thereby ennobling it, so prepare me that, by partaking of Thy holy mysteries, I may attain a portion at Thy right hand with the saved. O Thou who by the descent of the comforting Spirit didst make Thy sacred disciples precious vessels, show me, also, to appear a vessel for his descent. O Thou who art about to come and judge the world with righteousness, be well pleased, O my Maker and my Creator, that I too may welcome Thee in the clouds with all Thy saints, that I may ceaselessly glorify and hymn thee, with Thine unoriginate Father and Thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

9. ANOTHER PRAYER OF ST. JOHN OF DAMASCUS

I stand before the gates of Thy Temple, and yet I refrain not from my evil thoughts. But do Thou, O Christ my God, who didst justify the publican, and hadst mercy on the Canaanite woman, and opened the gates of Paradise to the thief; open unto me the compassion of Thy love toward mankind, and receive me as I approach and touch thee, like the sinful woman and the woman with the issue of blood; for the one, by embracing Thy feet received the forgiveness of her sins, and the other by but touching the hem of Thy garment was healed. And I, most sinful, dare to partake of Thy whole Body. Let me not be consumed, but receive me as Thou didst receive them, and enlighten the perceptions of my soul, consuming the accusations of my sins: through the intercessions of Her that, without stain, gave Thee birth, and of

the heavenly Powers; for Thou art blessed unto ages of ages. Amen.

Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.

The Prayers Of Thanksgiving After Holy Communion

Glory to Thee, O God. Glory to Thee.

ANONYMOUS

I thank thee, O Lord my God, that Thou hast not rejected me, a sinner, but hast vouchsafed me to become a communicant of Thy holy things. I thank Thee that Thou hast vouchsafed me, the unworthy, to partake of Thine immaculate and heavenly gifts. But, O Master who lovest mankind, who didst both die for us and rise again and didst bestow upon us these Thy dread and life-giving mysteries for the benefiting and sanctification of our souls and bodies: Grant that they may be for me also unto healing of soul and body, unto the averting of everything contrary thereto, unto the enlightenment of the eyes of my heart, unto the peace of my spiritual powers, unto faith unashamed, unto love unfeigned, unto increase of wisdom, unto the fulfillment of Thy commandments, unto growth in Thy divine grace and the attainment of Thy kingdom, that, preserved by them in Thy holiness, I may ever remember Thy grace and henceforth live not unto myself, but unto thee, our Master and Benefactor. And thus, when this life is ended in the hope of eternal life, I may attain unto everlasting rest, where the voice of those who keep festival is unceasing and the delight of those who behold the ineffable beauty of Thy countenance is boundless; for Thou art the true Desire and

unutterable Joy of those who love thee, O Christ our God, and all creation hymneth Thee forever. Amen.

A PRAYER OF SAINT BASIL THE GREAT

O Master, Christ our God, King of the ages and Maker of all things: I thank Thee for all the good things which Thou hast bestowed upon me and for this partaking of Thine immaculate and life-giving mysteries. Wherefore I pray thee, who art good and lovest mankind: Keep me under Thy protection and in the shadow of Thy wings; and grant unto me with a pure conscience and even unto my last breath to partake of Thy holy things unto forgiveness of sins and unto life everlasting. For Thou art the Bread of life, the Fountain of holiness, the Giver of good things, and unto Thee we ascribe glory, together with the Father and the Holy Spirit, now and ever, and unto ages of ages. Amen.

A PRAYER OF ST. SIMEON THE TRANSLATOR

O Thou who willingly dost give Thy flesh to me as food, Thou who art a fire consuming the unworthy: Consume me not, O my Creator, but rather pass through all my body parts, into all my joints, my reins, my heart. Cleanse my soul, and hallow Thou my thoughts. Make firm my knees and my bones likewise. Enlighten as one my five senses. Establish me wholly in Thy fear. Ever shelter me, guard and keep me from every soul-corrupting deed and word. Cleanse me, purify and control me. Adorn me, teach and enlighten me. Show me to be a dwelling-place of Thy Spirit and in no wise the dwelling-place of sin, that from me, Thy

habitation, through the entrance of Thy communion, every evil deed and every passion may flee as from fire. As intercessors I bring to the all the sanctified, both the leaders of the bodiless powers, Thy Forerunner and Thy wise apostles and, besides these, Thine immaculate and pure Mother. Do Thou receive their prayers, O my Christ, who art compassionate, and make Thy servant to be a child of the light; for Thou alone, O good One, art the Sanctification and Splendor of our souls, and to Thee as God and Master, day by day, we all ascribe glory.

ANOTHER PRAYER

May Thy holy Body, O Lord Jesus Christ our God, be unto me for life eternal, and Thy precious Blood unto forgiveness of my sins. May this Eucharist be unto me for joy, health and gladness; and at Thy fearful second coming make me, the sinner, worthy to stand at the right hand of Thy glory, through the intercessions of Thine all-immaculate Mother and of all Thy saints. Amen.

A PRAYER TO THE MOST HOLY THEOTOKOS

O all-holy Lady Theotokos, light of my darkened soul, my hope, my shelter, my refuge, my consolation and my joy: I thank thee that thou hast accounted me worthy, although unworthy, to be a partaker of the immaculate Body and precious Blood of Thy Son. But do thou, who gavest birth to the true Light, enlighten the spiritual eyes of my heart. O thou who didst bear the Fountain of immortality, enliven thou me who lie dead in sin. O compassion-loving Mother of the merciful God, have mercy on me, and grant

me humility and contrition of heart, and humility in my thoughts and deliverance from the bondage of my vain imaginings. And account me worthy, even unto my last, breath, to receive without condemnation the sanctification of the immaculate mysteries, unto the healing of both soul and body. And grant unto me tears of repentance and confession, that I may hymn thee and glorify thee all the days of my life, for blessed and glorified art thou unto all ages. Amen.

THE HYMN OF SIMEON THE GOD-RECEIVER

Lord, now lettest Thou Thy servant depart in peace, according to Thy word. For mine eyes have seen Thy salvation, which Thou hast prepared before the face of all people, a light to lighten the Gentiles, and the glory of Thy people Israel.

THE TRISAGION PRAYERS

From the Holy and Great Sunday of Pascha until the eve of the Feast of the Ascension, in place of "Holy God… and Come, let us worship…" we say, "Christ is risen from the dead…" three times.

Holy God… *3x*

Glory…; both now…

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for Thy Name's sake.

Lord have mercy. *3x*

Glory…; both now…

Our Father, who art in the heavens, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth, as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the Evil One.

THE TROPARIA AND KONTAKION

The TROPARION of the day — MON, TUE, WED, THU, FRI, or SAT — and the troparion of the patron of the church are said. If a liturgy was celebrated, one of the following troparia and kontakia are said, depending upon which liturgy was celebrated.

JOHN CHRYSOSTOM

Troparion

Grace shining forth from Thy mouth like fire hath enlightened the universe and hath disclosed to the world treasures of uncovetousness and hath shown us the heights of humility. But as Thou dost instruct us by Thy words, O Father John Chrysostom, intercede with the Word, Christ God, to save our souls. Glory to the Father and to the Son and to the Holy Spirit.

Kontakion

From heaven Thou didst receive divine grace, and by Thy lips Thou dost teach all to worship the one God in Trinity, O venerable

John Chrysostom, the all-blessed. Worthily do we extol thee, for Thou art an instructor that dost reveal things divine.

BASIL THE GREAT

Troparion

Thy sound hath gone out into all the earth, for it hath received Thy word. Thereby didst Thou teach divine doctrine, make clear the nature of existence, and order the habits of men, O Thou of royal priesthood, venerable Father Basil, beseech Christ our God to grant us great mercy.

Glory…

Kontakion

Thou didst appear as an unshakable foundation of the Church, dispensing an inviolate dominion to all mortals and sealing it with Thy doctrines, O revealer of heavenly things, venerable Basil.

GREGORY THE DIALOGIST

Troparion

As one endowed with discretion of speech, Thou didst prove to be a most excellent dispenser of the word of God, O hierarch Gregory; for by Thy life Thou didst set the virtues before us, and Thou dost shine forth with the brilliance of holiness. O righteous Father, do Thou entreat Christ our God that we be granted great mercy.

Glory…

Kontakion

Thou God-inspired harp of the Church and truly God possessed tongue of wisdom, O Dialogist, we praise Thee as is meet; for Thou didst emulate the zeal of the apostles, and didst manifestly follow in their footsteps; and to Thee we say: Rejoice, O Father Gregory.

Both now…

The Church is revealed to all as a brilliant lit heaven, leading the faithful in the way of light. Standing therein, we cry aloud: Make firm the foundation of this house, O Lord.

Lord, have mercy. *12x*

Glory…; both now…

More honorable than the cherubim and more glorious beyond compare than the seraphim, thou who without stain bearest God the Word and art truly Theotokos: We magnify thee.

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.

The Typika Service

As said in the absence of a priest

The Typika service may be used at several times in the Life of the Orthodox Christian, but it is included here for the Orthodox layman's use if there is not a Divine Liturgy available to him on a Sunday or a Feast Day. It is commonly used when the priest is not present in the parish to serve the Divine Liturgy. Its inclusion is not to be considered a License to stay home from the Divine Liturgy.

Silently light your candles (if you wish, light charcoal in your incense burner and place incense in it), and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed.

THE BEGINNING OF TYPIKA

When all is in readiness, the Leader begins the Typika, saying:

LEADER: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us.

PEOPLE: Amen.

THE TRISAGION PRAYERS

"Holy God…" is omitted during the Paschal season when it is replaced by the triple recitation of the Paschal troparion, "Christ is risen…"

PEOPLE: Holy God, Holy Mighty, Holy Immortal: have mercy on us. *3x*

Glory...; both now....

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. *3x*

Glory...; both now...

Our Father, who art in the heavens, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth, as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the Evil One.

LEADER: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us.

PEOPLE: Amen.

PSALM 102

Tone 8

Bless the Lord, O my soul. Blessed art Thou, O Lord.

Bless the Lord, O my soul, and all that is within me bless his holy Name. Bless the Lord, O my soul, and forget not all that he hath done for thee, who is gracious unto all thine iniquities, who healeth all thine infirmities, who redeemeth thy life from corruption, who crowneth thee with mercy and compassions, who

fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's.

The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made his ways known unto Moses, unto the sons of Israel the things that he hath willed.

Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will he be angered, neither unto eternity will he be wroth. Not according to our sins hath he rewarded us. For according to the height of heaven from the earth, the Lord hath made his mercy to prevail over them that fear him; for he knoweth whereof we are made, he hath remembered that we are dust.

As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear him. And his righteousness is upon sons of sons, upon them that keep his testament and remember his commandments to do them.

The Lord in heaven hath prepared his throne, and his kingdom ruleth over all. Bless the Lord, all ye his angels, mighty in strength, that perform his word, to hear the voice of his words. Bless the Lord, all ye his hosts, his ministers that do his will. Bless the Lord, all ye his works, in every place of his dominion. Bless the Lord, O my soul.

Tone 2

LEADER: Glory…

PSALM 145

PEOPLE: Praise the Lord, O my soul. I will praise the Lord in my life, I will chant unto my God for as long as I have my being. Trust ye not in princes, in the sons of men, in whom there is no salvation. His spirit shall go forth, and he shall return unto his earth. In that day all his thoughts shall perish. Blessed is he of whom the God of Jacob is his help, whose help is in the Lord his God, who hath made heaven and earth, the sea and all that is therein, who keepeth truth unto eternity, who executeth judgment for the wronged, who giveth food unto the hungry. The Lord looseth the fettered; the Lord maketh wise the blind; the Lord setteth aright the fallen; the Lord loveth the righteous; the Lord preserveth the proselytes. He shall adopt for his own the orphan and widow, and the way of sinners shall he destroy. The Lord shall be king unto eternity; thy God, O Sion, unto generation and generation.

Both now…

Only begotten Son and Word of God, who art immortal, Who for our salvation willed to be incarnate of the holy Theotokos and Ever-Virgin Mary, and without change became man; and was crucified, O Christ our God, and trampled down death by death; Who art one of the Holy Trinity, glorified together with the Father and the Holy Spirit: save us.

THE BEATITUDES

Then the Beatitudes are chanted. If it is Great Lent, make three prostrations before beginning the Beatitudes.

Tone 8

LEADER: Remember us, O Lord, when Thou comest into Thy kingdom.

If it is Great Lent, the People respond with "Remember us, O Lord…" after each following verse.

Blessed are the poor in spirit: for theirs is the kingdom of Heaven.

Blessed are they that mourn: for they shall be comforted.

Blessed are the meek: for they shall inherit the earth.

Blessed are they that do hunger and thirst for righteousness' sake: for they shall be filled.

Blessed are the merciful: for they shall obtain mercy.

Blessed are the pure in heart: for they shall see God.

Blessed are the peacemakers: for they shall be called the children of God.

Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

Blessed are ye when men shall revile you, and persecute you, and speak all manner of evil against you,falsely, for my sake.

Rejoice, and be exceedingly glad: for great is your reward in heaven.

Glory…; both now…

If it is Great Lent, a prostration is made at the end of each of the next three verses.

PEOPLE: Remember us, O Lord, when Thou comest into Thy kingdom.

Remember us, O Master, when Thou comest into Thy kingdom.

Remember us, O Holy One, when Thou comest into Thy kingdom.

THE READINGS

The appointed epistle is now read, not intoned.

LEADER: The reading from the epistle of the holy Apostle *N* to *N*

The appointed gospel is now read, not intoned.

LEADER: The reading from the holy gospel according to St. *N*

THE TROPARIA

PEOPLE: The heavenly choir singeth Thy praises, saying: Holy, holy, holy, Lord of Sabaoth; heaven and earth of are full of Thy glory.

Come unto him, and be enlightened, and your faces shall not be ashamed.

The heavenly choir singeth Thy praises, saying: Holy, holy, holy, Lord of Sabaoth; heaven and earth of are full of Thy glory.

Glory…

The choir of holy angels and archangels, with all the powers of heaven, singeth Thy praises, saying: Holy, holy, holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Both now…

THE SYMBOL OF FAITH

PEOPLE: I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible;

And in one Lord Jesus Christ, the Son of God, the only begotten, Begotten of the Father before all worlds, Light of Light, Very God of Very God, Begotten, not made; of one essence with the Father, by whom all things were made: Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He rose again, according to the Scriptures; And ascended into heaven, and sitteth at the right hand of the Father; And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end.

And I believe in the Holy Spirit, the Lord, and Giver of Life, Who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets;

And I believe in One, Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead, And the Life of the world to come. Amen.

LEADER: Forgive, remit, pardon, O God, our sins both voluntary and involuntary, in deed and in word, in knowledge or in ignorance, committed by night or by day, in mind and in thought. Forgive us them all, for Thou art good and lovest mankind.

THE LORD'S PRAYER

PEOPLE: Our Father, who art in the heavens, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth, as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the Evil One.

LEADER: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy upon us and save us. Amen.

THE KONTAKIA

If it is a feast of the Lord or of a major Saint, say the festal kontakion; if it is both a feast of the Lord and of a major Saint, say the kontakion

of the Saint, "Glory...; Both now...", and the kontakion of the Lord's feast. If it is a weekday which is not a feast of the Lord or of a major saint, or if it is Great Lent or an Alleluia season, first say the kontakion of the Transfiguration, the kontakion of the day, the kontakion of the patron Saint of the church, then "Glory..." "With the Saints..." and "Both now..." "O protection of Christians...". If it is a Saturday which is not a feast of the Lord or of a major Saint, say the kontakion of the Transfiguration, "Glory..." "With the Saints..." "Both now..." and "Unto thee, O Lord, the Author of creation...".

Kontakion of the Transfiguration

Tone 7

Thou wast transfigured on the mountain, O Christ God, and Thy disciples beheld Thy glory as far as they could bear it; so that when they would behold Thee crucified, they would understand that Thy passion was voluntary and would proclaim to the world that Thou art truly the Radiance of the Father.

Kontakion of the Bodiless Powers (M)

Tone 2

O ye chieftains of God, servitors of the divine glory, captains of the angels and guides of men: Entreat that which is profitable for us and great mercy; in that ye are the chieftains of the bodiless powers. Tuesday: Kontakion of the Forerunner

Tone 2

O Prophet of God and Forerunner of grace, thy head hath blossomed from the earth as a sacred rose. Wherefore, we seek

from it healing at all times; for as of old thou ceasest not to preach repentance to the world.

Kontakion of the Cross (W, F)

Tone 2

Do Thou, who of Thine own good will wast lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name. Make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

Kontakia of the Apostles and Saint Nicholas (Th)

Tone 2

Thou hast received Thy steadfast preachers, God-inspired in speech, the crown of Thy disciples, O Lord, into the delights and the repose of Thy good ones; for that Thou hast accepted their sufferings and their death as greater than any whole burnt-offerings, O Thou who alone knowest the secrets of the heart.

Tone 3

In Myra, O holy one, wast thou revealed as a sacrificing priest; for fulfilling the Gospel of Christ, O venerable one, thou didst lay down Thy life for Thy people and didst save the innocent from death. For which cause thou wast sanctified as a great initiate of the grace of God.

Kontakion of the Departed and Martyrs (Sa)

Tone 8

With Thy Saints give rest, O Christ, to the souls of Thy servants, where there is neither sickness nor sorrow nor sighing but life everlasting.

Tone 8

Unto thee, O Lord, the Author of creation, the universe doth offer the God-bearing martyrs as the first-fruits of nature. By whose prayers, through the Theotokos, do Thou preserve in peace profound Thy Church, O most merciful One.

Kontakion of the Theotokos (All days but feasts and Saturday)

Tone 2

O protection of Christians, that cannot be put to shame, mediation unto the Creator most constant: O despise not the suppliant voices of those who have sinned, but be thou quick, O good one, to come unto our aid, who in faith cry unto thee. Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

LEADER: Lord, have mercy. *40x*

If it is Great Lent, the following prayers are said, otherwise continue with the *PRAYER TO THE ALL-HOLY TRINITY*.

Reader: O Christ our God, who at all times and in every hour in heaven and on earth, art worshipped and glorified; who art long-

suffering, merciful and compassionate; who loves the just and showest mercy upon the sinners; who callest all to salvation through the promise of blessings to come; O Lord in this hour, receive our supplications, and direct our lives according to Thy commandments. Sanctify Our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil and distress. Encompass us with Thy holy Angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Thine unapproachable glory, for Thou art blessed Unto ages of ages. Amen.

PEOPLE: Lord, have mercy. *3x*

Glory…; both now…

More honorable than the cherubim and more glorious beyond compare than the seraphim, thou who without stain bearest God the Word and art truly Theotokos: We magnify thee.

Bless, O Lord.

LEADER: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy upon us and save us. Amen.

THE PRAYER OF ST. EPHRAIM THE SYRIAN

LEADER: O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. *(prostration)*

But grant rather the spirit of chastity, humility, patience and love to Thy servant. *(prostration)*

Yea, O Lord and King, Grant me to see my own transgressions and not to judge my brother, for Thou art blessed Thou unto ages of ages. Amen. *(prostration)*

O God, cleanse me a sinner. *12x with metanias*

Then the entire prayer of St. Ephraim is said without the prostrations and a single prostration is made at the end.

THE TRISAGION PRAYERS

PEOPLE: Holy God... *3x*

Glory...; both now...

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for Thy Name's sake.

Lord have mercy. *3x*

Glory...; both now...

Our Father, who art in the heavens, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth, as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the Evil One.

LEADER: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy upon us and save us.

PEOPLE: Amen.

LEADER: Lord, have mercy. *12x*

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PRAYER TO THE ALL-HOLY TRINITY

READER: O all-holy Trinity, consubstantial Might, Kingdom undivided, Source of all good, be gracious to me, a sinner, establish and give understanding to my heart, and take away from me every defilement. Enlighten my mind, that I may continually glorify, hymn and worship Thee and say: One is holy, One is Lord, Jesus Christ, to the glory of God the Father.

PEOPLE: Amen.

Typika at home: CONTINUE BELOW.

Typika at parish: If the Reserved Sacrament will be distributed, the deacon now enters the sanctuary, pours a sufficient quantity of hot water into the chalice. Then he and all prepared communicants say the usual three pre-communion prayers. Then standing at the holy table, the deacon communes himself from the chalice using the spoon, covers the chalice with the kalima, opens the curtain and holy doors, takes up the chalice and spoon, and facing the congregation, says, With fear of God and faith and love, draw near. The congregation responds, Blessed is he that cometh in the Name of the Lord. God is the Lord and hath appeared unto us.

As the faithful are communed by the deacon, the appropriate communion hymn is chanted.

When all have been communed the deacon, saying nothing, takes the chalice to the prothesis table and closes the curtain and holy doors.

While the FIVE PRAYERS OF THANKSGIVING AFTER HOLY COMMUNION are read, the deacon carefully consumes the remaining holy gifts, properly cleanses the chalice and spoon, tidies the prothesis, consumes any particles on the antiminsion, folds the antiminsion and places the gospel book upon it, removes his vestments and then, vested in his cassock and exorasson, exits the sanctuary through the north door.

After the fifth prayer of thanksgiving, the Typika continues below.

LEADER: Blessed be the Name of the Lord, henceforth and forevermore. *(3x with metanias)*

Glory…; both now…

PSALM 33

LEADER: I will bless the Lord at all times, his praise shall continually be in my mouth. In the Lord shall my soul be praised; let the meek hear and be glad. O magnify the Lord with me, and let us exalt his Name together.

I sought the Lord, and he heard me, and delivered me from all my tribulations. Come unto him, and be enlightened, and your faces shall not be ashamed. This poor man cried, and the lord heard him, and saved him out of all his tribulations. The angel of the Lord will encamp round about them that fear him, and will deliver them.

O taste and see that the Lord is good; blessed is the man that hopeth in him. O fear the Lord, all ye his saints; for there is no want to them that fear him. Rich men have turned poor and gone

hungry; but they that seek the Lord shall not be deprived of any good thing.

Come ye children, hearken unto me; I will teach you the fear of the Lord. What man is there that desireth life, who loveth to see good days? Keep thy tongue from evil, and thy lips from speaking guile. Turn away from evil, and do good; seek peace, and pursue it.

The eyes of the Lord are upon the righteous, and his ears are opened unto their supplication. The face of the Lord is against them that do evil, utterly to destroy the remembrance of them from the earth.

The righteous cried, and the Lord is nigh unto them that are of a contrite heart, and he will save the humble of spirit. Many are the tribulations of the righteous, and the Lord shall deliver them out of them all. The Lord keepeth all their bones, not one of them shall be broken.

The death of sinners is evil, and they that hate the righteous shall do wrong. The Lord will redeem the souls of his servants, and none of them will do wrong that hope in him.

Glory…; both now…

People: It is truly meet to bless thee, O Theotokos, who art ever blessed and all blameless and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim, thou who without stain barest God the Word, and art truly Theotokos, we magnify thee.

THE SYNAXARION

The assigned reading from the Synaxarion (Lives of the Saints) or the Prologue may be read by the leader now. When he finishes the reading he says:

LEADER: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us.

PEOPLE: Amen.

The leader may make any necessary announcements now. After the announcements he says:

LEADER: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us.

PEOPLE: Amen.

– And so ends the Service ofTypika. –

Preparation for Holy Confession

PRAYERS BEFORE SELF-EXAMINATION

The prayers below are, of course, only suggestions. Many will prefer to use other forms of prayer or to pray in their own words.

For Guidance and the Help of the Holy Spirit

O heavenly King, the Comforter, the Spirit of Truth, who art everywhere and fillest all things, Treasury of Blessings and Giver of Life, come and abide in us, and cleanse us from every stain and save our souls, O Gracious Lord. Amen.

O Holy Spirit, Source of all light, Spirit of wisdom, of understanding and of knowledge, come to my assistance and enable me to make a good confession. Enlighten me, and help me now to know my sins as one day I shall be forced to recognize them before Thy dread judgment seat. Bring to my mind the evil that I have done and the good that I have neglected. Permit me not to be blinded by self-love. Grant me, moreover, heartfelt sorrow for my transgressions, and help me to make a good confession that all stain of guilt may be washed away. Amen.

METHODS OF SELF-EXAMINATION

The Seven Grievous Sins

Pride

Pride is putting self in the place of God as the center and objective of our life, or of some department thereof. It is the refusal to recognize our status as creatures, dependent on God for our existence and placed by him in a specific relationship to the rest of his creation.

IRREVERENCE. Have you deliberately neglected the worship of God on Sunday in his Church? Were you content with just "going through the motions" when you were at church? Have you disregarded Holy Days and additional opportunities for worshipping God? Have you failed to thank God or to adequately express your gratitude to God for all the many blessings he gives you every day? Have you shown disrespect of God or holy things by deliberately treating them, in Thought, word, or deed, in a profane, contemptuous or over-familiar manner? Have you used holy things for personal advantage? Have you attempted to bribe or placate God by religious practices or promises?

SENTIMENTALITY. Have you been satisfied with pious feelings and beautiful ceremonies without striving to obey God's will?

PRESUMPTION. Have you been dependent on yourself rather than on God, with the consequent neglect of the sacraments and prayer? Have you dispensed yourself from ordinary duties because you are too superior for those duties or obligations? Have you been satisfied or complacent over your spiritual achievements? Have you refused to avoid, when possible,

immediate occasions of temptation? Have you preferred your own ideas, customs, schemes or techniques to those of the Church? Have you held to or encouraged foolish optimism? Have you failed to recognize your job as a divine vocation, or to offer your work to God? Have you been unwilling to surrender to and abide in Christ, to let him act in and through you? Have you failed to offer intercessions for persons or causes that have, or should have, your interest and support, to God?

DISTRUST. Have you refused to recognize God's wisdom, providence and love? Have you been worried, anxious, had misgivings, or scrupulosity? Have you been guided by your own perfectionism rather than on the love of God? Have you attempted to discern or control the future by spiritualism, astrology, fortunetelling or the like? Have you practiced magic or superstition?

OVERSENSITIVENESS. Have you expected that others will dislike, reject or mistreat you? Have you been over-ready to interpret the attitude of others, or quick to take offense? Have you held to unfounded suspicions?

Have you been timid in accepting responsibility, or been cowardly in facing difficulty or suffering? Have you surrendered yourself to feelings of depression, gloom, pessimism, discouragement, self-pity, or fear of death, instead of fighting to be brave, cheerful and hopeful?

DISOBEDIENCE. Have you rejected God's known will in favor of your own interests or pleasures? Have you been disobedient to the legitimate (and therefore divinely ordained) laws, regulations or

authority of the Church, state, spouse, parents, teachers, etc.? Have you been slow and reluctant to give your obedience to such authority? Have you failed, when in authority, to fulfill responsibilities or to consider the best interests of those under you?

Have you refused to learn God's will as revealed in Scripture, expounded in instructions or expert advice, or discernible through prayer, meditation or the reading of religious books? Have you been absorbed in your own affairs, leaving little time, energy or interest for the things of God?

Have you violated the confidence of someone? Have you broken legitimate promises or contracts? Have you done so through irresponsibility or through treachery (willfulness and malice)? Have you unnecessarily disappointed another, or the caused shame or anxiety to those who love you?

IMPENITENCE. Have you refused to search out and face up to your sins, or to confess and admit them before God? Have you disregarded your sins or held to the pretense that you are better than truly you are? Have you justified yourself or discounted your sins as being insignificant, normal or inevitable? Have you been self-righteous in comparing yourself with others?

Have you refused to accept just punishment or to make due reparation for your words and deeds when possible? Have you resorted to deceit or lying to escape the consequences of your sins? Have you allowed another to suffer the blame for your faults? Have you tried to overcompensate or attempted self-

reform or self-vengeance, to avoid surrendering to God in humble penitence?

Have you felt shame (hurt pride) or sorrow for yourself because your sins make you less respectable than you like to think you are, or because you fear punishment or injury to your reputation, rather than feeling sorrow for what sin is in the eyes of God? Have you refused to admit you were in the wrong or to apologize? Have you refused to accept forgiveness from God or others? Have you doubted that God can forgive your sins or failed to make your confession when you need to do so? Have you been unwilling to forgive yourself?

VANITY. Have you taken the credit, rather than giving credit and glory to God, for your talents, abilities, insights, accomplishments and/or good works? Have you refused to admit indebtedness to others, or adequately to express gratitude for their help? Have you been a hypocrite? Have you held pretense to virtues you do not possess? Have you feigned humility, when you really were not humble? Have you harshly judged others for faults you excuse in yourself?

Have you boasted, exaggerated, drawn attention to yourself by talking too much, by claiming ability, wisdom, experience or influence you do not have, or by eccentric or ostentatious behavior? Have you held undue concern over, or expenditure of, time or money? Have you spent too much energy on your appearance, looks, dress, surroundings, etc., to impress others? Have you deliberately been slovenly for the same purpose? Have you sought, desired or relished flattery or compliments?

ARROGANCE. Have you insisted that others conform to your wishes, recognize your leadership, or accept your own estimation of your worth? Have you been overbearing, argumentative, opinionated, or obstinate?

SNOBBERY. Have you had pride over your race, family, position, personality, education, skill, achievements, or possessions?

Anger

Anger is open rebellion against God or our fellow creatures. Its purpose and desire is to eliminate any obstacle to our self-seeking, to retaliate against any threat to our security, and to avenge any personal insult or injury.

RESENTMENT. Have you refused to discern, accept or fulfill God's vocation for you? Have you been dissatisfied with the talents, abilities or opportunities God has given you? Have you been unwilling to face up to difficulties or sacrifices? Have you unjustly rebelled or complained at the circumstances of your life? Have you tried to escape from reality or attempted to force your will upon reality? Have you indulged yourself in daydreams to escape reality? Have you transferred blame for your maladjustment to God, to your parents, to society, or to other individuals? Have you had hatred for God, or been antisocial? Have you been cynical? Have you harbored annoyance at the contrariness of things? Have you used profanity or grumbled at reality?

PUGNACITY. Have you attacked another in anger? Have you committed murder in deed or desire? Have you been combative or

nursed grudges? Have you injured another person by striking, cursing or insulting him? Have you injured another person by damaging his reputation or property? Have you been quarrelsome; bickered with, contradicted, nagged, been rude to, or snubbed others?

RETALIATION. Have you wrought your vengeance for wrongs, real or imagined, or plotted vengeance? Have you been harsh or excessive in punishing those for whom you are responsible? Have you been hostile, sullen or exercised rash judgment? Have you refused to forgive, or to offer or accept reconciliation? Have you been unwilling to love, to do good to, or to pray for your enemies? Have you boycotted or ostracized another for selfish reasons? Have you spoiled the pleasure of others by being uncooperative or filled with disdain, because you have not gotten your way, or because you feel out of sorts or superior?

Envy

Envy is dissatisfaction with our place in God's order of creation, manifested in begrudging his gifts and vocation to others.

JEALOUSY. Have you taken offense at the talents, success or good fortune of others? Have you been selfish or unnecessarily competitive? Have you taken pleasure at the difficulty or distress of others? Have you belittled others?

MALICE. Have you felt ill will towards another or dealt in false accusations, slander, or backbiting? Have you read false motives into others' behavior? Have you initiated, collected or retold gossip? Have you aroused, fostered or organized antagonism

against others? Have you been unnecessarily critical, even when you've related the truth? Have you deliberately annoyed others, or teased or bullied them?

CONTEMPT. Have you scorned another's virtue, ability, shortcomings, or failings? Have you felt prejudice against those you consider inferior, or who consider you inferior, or who seem to threaten your security or position? Have you ridiculed persons, institutions or ideals?

Covetousness

Covetousness is the refusal to respect the integrity of other creatures, expressed in the inordinate accumulation of material things; in the use of other persons for our personal advantage; or in the quest for status, power or security at their expense.

INORDINATE AMBITION. Have you pursued status, power, influence, reputation, or possessions at the expense of the moral law, of other obligations, or of the rights of others? Have you been ruthless or unfair in competition? Have you put yourself or your family first? Have you conformed to standards you recognize as wrong or inadequate to get ahead? Have participated in intrigue or conspiracy for self-advancement?

DOMINATION. Have you sought to use or possess others? Have you been overprotective of your children? Have you refused to correct or punish your children lest you lose their affection? Have you insisted that they conform to your ideal for them contrary to their own vocation? Have you imposed your will on others by force, guile, whining, or refusal to cooperate? Have you been over-

ready to advise or command? Have you abused authority? Have you patronized, pauperized, or put others under a debt of gratitude? Have you considered yourself ill-used when others' affection or compliance is not for sale?

Have you been a sycophant (attempted to win favor, support, affection or advancement in position, through practicing flattery of persons of influence)? Have you refused to uphold the truth, to fulfill your duties, to perform good works, or to defend those wrongfully attacked because you fear criticism or ridicule, or because you seek to gain the favor and approval of others? Have you lead, tempted or encouraged another to sin?

AVARICE. Have you inordinately pursued wealth or material things? Have you stolen, been dishonest, misrepresented, or shared in stolen goods? Have you cheated in business, taxes, school or games? Have you made worldly success the goal of your life or the standard for judging others?

PRODIGALITY. Have you wasted natural resources or your personal possessions? Have you been extravagant or lived beyond your income, to impress others or to maintain status? Have you failed to pay debts you acquired? Have you gambled more than you could afford to lose, or to win unearned profits? Have you unnecessarily borrowed or been careless with others' money? Have you spent on yourself what is needed for the welfare of others?

PENURIOUSNESS. Have you been unduly protective of wealth or security? Have you selfishly insisted on vested interests or on claimed rights? Have you refused to support or to help those who

have a claim on you? Have you "sponged on others?" Have you been stingy? Have you failed to give due proportion of your income to the Church and charity, or of your time and energy to good works? Have you failed to pay pledges promised to the Church or charities when you have been able to do so?

Gluttony

Gluttony is the overindulgence of natural appetites for food and drink, and by extension the inordinate quest for pleasure or comfort.

INTEMPERANCE. Have you been overindulgent in food, drink, smoking, or other physical pleasures? Have you been fastidious, fussy, demanded excessively high standards, or been a dilettante? Have you condemned some material things or pleasures as evil in themselves, attempting to prohibit their use rather than their abuse?

LACK OF DISCIPLINE. Have you been negligent in keeping the Church's days and seasons of fasting? Have you failed to use other needed means of self-discipline? Have you neglected your bodily health — not getting sufficient rest, recreation, exercise, or wholesome nourishment? Have you failed to use or to cooperate with available medical care when ill? Have you used sickness as a means to escape responsibilities?

Lust

Lust is the misuse of sex for personal gratification, debasing it from the holy purpose for which God has given it to us.

UNCHASTITY. Have you violated of the Church's marriage laws? Have you lacked consideration for your spouse in partaking of the marital relationship? Have you refused to fulfill the purpose of Holy Matrimony in the bringing forth and giving adequate care of children, or to take your full share in the responsibilities or work involved? Have you been unfaithful to your spouse? Have you indulged in sexual contact outside of matrimony, in Thought or act, alone or with others?

IMMODESTY. Have you stimulated sexual desire in others by word, dress, or actions; or in yourself by reading, pictures, or fantasies? Have you collected or recounted sexual stories?

PRUDERY. Have you had a fear of sex or condemned it as evil in itself, even when sanctified within marriage? Have you refused to seek instruction from the Church regarding a true understanding of sexuality, or attempted to prevent others from obtaining it? Have you stimulated excessive and harmful curiosity by undue secrecy?

CRUELTY. Have you deliberately inflicted pain, mental or physical, on another. Have you tormented or abused animals?

Sloth

Sloth is the refusal to respond to our opportunities for growth, service or sacrifice.

LAZINESS. Have you been indolent in performing spiritual, mental or physical duties? Have you neglected your family, business or social obligations? Have you been discourteous

because you didn't wish to spend the extra energy? Have you procrastinated in performing disliked tasks? Have you involved yourself in busyness or triviality to avoid more important commitments? Have you devoted excessive time to rest, recreation, amusement, television, light reading or the like? Have you wasted your employer's time, or performed shoddy or inadequate work?

INDIFFERENCE. Have you been unconcerned over injustice to others, especially that caused by currently accepted social standards? Have you been unmindful of the suffering of those around you? Have you failed to become adequately informed on the Christian principles involved in contemporary issues? Have you neglected duties to state or community? Have you failed to provide adequately for those whom you employ, or to treat them justly? Have you required them to stay late to perform urgent tasks, and then forced them to "loose" the overtime they had acquired for the work required by you?

Have you ignored the needy, lonely or unpopular persons in your own family, or in the parish family, or in the neighborhood? Have you been unwilling to minister to them? Have you been insufficiently attentive to the religious and other needs of your family? Have you failed to fulfill your obligation of Christian missionary witness?

The Ten Commandments

The second method of self-examination is to look at the Ten Commandments with the questions and definitions given and ask

oneself to what degree one is guilty of these, and how one has transgressed these sins.

Thou Shalt Have No Other Gods Before Me (Pride)

- Have you loved God as much as you ought to?
- Have you been more interested in self than in God?
- Have you made it your chief aim to be always on top?
- What have you been vain about; personal appearance, clothes, personality, possessions, your family, ability, success in games or in studies?
- Have you scorned other people for their misfortunes, sins, stupidity, or other weaknesses? Scorned other people's religion?
- Talked too much; called attention to yourself?
- Been sorry for yourself, self-pitying?
- Refused to admit when you were in the wrong? Refused to apologize?
- Been resentful or suspicious of others through over-sensitiveness?
- Have you been stubborn and self-willed? In what ways?

Thou Shalt Not Make To Thyself Any Graven Image (Idolatry)

- Have you put another person before God's law; by not going to church, or by committing some other sin to please that person?
- Have you wanted popularity so much that you have not said your prayers, or done some other good things, for fear of being laughed at?

- Have you not said a blessing before eating a meal when in public so as not to be ridiculed or scorned?
- Have you loved money or clothes too much; or even sinned to get them?
- Have you gone to mediums or attended "spiritualistic" meetings?
- Have you made your own ideals an idol that you will neither allow anyone to question nor profane?
- Have you made the Church's worship or ceremony an idol that you adore (instead of worshipping God himself)?
- Have you turned the Church's theology or Fathers into idols instead of recognizing in them directors to Christ our God?

Thou Shalt Not Take The Name Of The Lord Thy God In Vain (Profanity)

- Have you sworn? Especially, have you misused the Holy Name of Jesus?
- Have you given way to anxiety, instead of turning to God for help?
- Been worried, or afraid, or allowed yourself to get into a panic?
- Allowed yourself to feel that it was impossible even for God to help you?

Remember The Sabbath Day, To Keep It Holy (Irreverence)

- Have you missed Divine Liturgy on Sunday, when you could have gone?
- Have you failed to say your prayers morning and night? Or to say them earnestly? *(Remember that it was not a sin if you honestly forgot to say your prayers. It was only a sin if you*

neglected it willfully, perhaps through laziness or fear of being laughed at.)

- Have you always kept Sunday as it ought to be kept?
- Have you done some unnecessary work on Sunday?
- Have you always tried hard to worship God when in church? Or have you sometimes been irreverent? Joked about holy things?
- Have you ever been ashamed of your Christianity? Ashamed of Jesus?

Honor Thy Father And Thy Mother (Disobedience)

- As a child, were you always as loving and respectful to your father or mother as you ought to have been?
- Have you been grateful enough for all that they did for you?
- Did you ever disobey them, or others who were over you; or did you ever obey them slowly and reluctantly?
- Have your actions ever caused them anxiety or shame?
- Have you ever deliberately disobeyed God or ignored His desires for you? In what way?
- Have you ever shown disregard for the laws of the Church? For the laws of the land?
- Have you contributed as much as you ought to have done to the support or the happiness of your parents?
- What sins have you committed regarding your spouse, children, or other members of your family?
- Have you given as much care and attention as possible to the religious life of your family; for example, regarding Grace at Meals, Family Prayers, Churchgoing, etc.?

- Have you seen that your children have had adequate and continuous religious instruction?
- Have you been just and generous to people in your employment, or under your authority in business? In what ways have you failed? Have you tried to dominate the lives of others unduly? How?

Thou Shalt Not Kill (Hate)

- Have you killed anyone, either in outward deed, or in your heart? Have you wished that someone was dead?
- Have you been angry unjustly? Struck people? Or hurt them by ridicule or contempt?
  Have you ever cursed people?
- Have you gossiped about people?
- Is there anyone against whom you now hold a grudge? Or are unwilling to forgive? *(Think how of ten God has forgiven you; and ask Him to help you to forgive and love your enemies for His sake.)*
- Have you refused to help people who were in real need of help? Ignored the sick or the poor? Not tried to be friendly with people, especially with people who are not very popular?
- Have you been afraid to stand up for a person when others were mistreating him?
- Have you ever taught (or tempted) another person to sin?

Thou Shalt Not Commit Adultery (Impurity)

- Have you been impure in Thought, word, or deed? *(You need not talk much about it, but make it quite plain to the Priest just what*

kind of sins you mean; whether they were done alone; or with a man or woman; and, if possible, how often.)

- Have you looked at suggestive pictures? Or read bad passages in books? Have you been immodest in actions, or in dress?
- Have you been lazy in prayers, work, or study? Neglected business, family, or social duties?
- Have you ever eaten, drunk, or smoked more than was good for you?
- Have you neglected the days of fasting or abstinence?
- Broken rules or resolutions which you have made for yourself?
- Allowed yourself to be over-engrossed in light reading, the movies, television, or other pastimes, to the exclusion of worthwhile things?
- Have you been cowardly in sickness or pain?
- Been unmindful of the suffering of the world?

Thou Shalt Not Steal (Theft)

- Have you ever stolen anything (as a child or more recently)? What things? Have you shared in stolen goods?
- Have you cheated in business, games, or lessons?
- Have you been over extravagant; gambled or bet too much?
- Tried hard to pay all your debts? Contracted debts unnecessarily?
- Have you remembered that God has given you all that you have? Have you thanked Him enough?
- Have you given as much as you ought to the Church or to charities?
- Have you been stingy?

- Have you wasted time?

Thou Shalt Not Bear False Witness (Deceit)

- How many lies have you told?
- Have you exaggerated too much? Been deceitful, unfair, hypocritical?
- Allowed others to receive blame for your faults?
- Been harsh toward others, or in speaking of others, for sins that you also have committed?

Thou Shalt Not Covet (Discontent)

- Have you been jealous of others, because they had more things, or more money; or because they were better looking or more successful; or because someone loves them more than you?
- Been grieved at the prosperity or attainments of others?
- Been dejected because of the position, talents, or fortune of others? Have you been glad when they failed, or were in trouble? Glad when you heard people speak ill of them?
- Have you allowed yourself to be sad and discouraged at times; and not always fought to be brave and joyful?
- Have you tried to accept loss or sorrow or hard things at the Hand of God?
- Have you thought that God does not love you? Have you ever given up trying to be good

PRAYERS AFTER SELF-EXAMINATION

"Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and steady me with a guiding spirit." – Psalm 50:11-13

O my God, how great are my sins! Would that I had never offended Thee. If by carelessness or ignorance I have forgotten anything in my self-examination, show it to me now that I may make a good confession. Through Jesus Christ our Lord. Amen.

Give a brief space of time to allow the Holy Spirit to illumine your heart in any way that is necessary to aid your confession.

O Lord God of my salvation, the Savior and Benefactor of my soul, I am truly sorry for my every transgression and I firmly resolve never again to offend Thee by my sins, and sincerely promise to amend my way of life. Implant in me the fear of Thy blessed commandments, that I may trample down all carnal appetites and may lead a godly life, both thinking and doing always such things as are well-pleasing unto Thee. I pray Thee, grant unto me the Grace of Thy Holy Spirit, that thus strengthened, I may shun all evil deeds and works, and words and Thoughts, and may avoid all snares of the Evil One. Shine in my heart with the true Sun of Thy Righteousness; enlighten my mind and guard all my senses, that walking uprightly in the way of Thy statutes, I may attain unto life eternal. For unto Thee are due all

glory, thanksgiving and worship, of the Father and of the Son and of the Holy Spirit; now and ever, and unto ages of ages. Amen.

Then go the church at the appointed time for confessions, or for your appointment, with your list of sins prepared and make your confession as outlined on the next page.

THE MYSTERY OF HOLY CONFESSION

While the Penitent is waiting for the priest to hear his confession, he may quietly say the "Trisagion Prayers" and Psalm 50, if he has time.

When the penitents turn comes, he goes forward and stands or kneels (according to local custom) in front of the icon next to the priest. He then says aloud:

O Father, Lord of heaven and earth, I confess to Thee all the hidden and open sins of my heart and mind, which I have committed unto this present day; wherefore I beg of Thee, the righteous and compassionate Judge, remission of sins and grace to sin no more.

The priest says to the penitent:

My brother, inasmuch as Thou hast come to God, and to me, be not ashamed; for Thou speakest not unto me, but unto God, before whom Thou standest.

The penitent says aloud, in the priest's hearing, all of his sins of which he has become aware in his self-examination. The priest may question the penitent concerning his sins. When the confession, questioning and

any counsel has ended, the priest lays his epitrachelion over the head of the penitent and says:

God it was who forgave David through Nathan the Prophet, when he confessed his sins, and Peter weeping bitterly for his denial, and the sinful woman in tears at his feet, and the Publican, and the Prodigal Son: May the same God forgive Thee all things, through me a sinner, both in this present world, and in that which is to come, and set Thee uncondemned before his dread Judgment Seat. And now, having no further care for the sins which Thou hast confessed, depart in peace.

The penitent then kisses either the priest's epitrachelion, or his right hand, and says:

Thank you, Father, and pray for me a sinner.

PRAYERS AFTER CONFESSION

Return to your place and make your thanksgiving for your absolution.

O almighty and merciful God, I truly thank Thee for the forgiveness of my sins; bless me, O Lord, and help me always, that I may ever do that which is pleasing unto Thee, and sin no more. Amen.

O Lord God of my salvation, the Saviour and Benefactor of my soul, I am truly sorry for my every transgression and I firmly resolve never again to offend Thee by my sins, and sincerely promise to amend my way of life. Implant in me the fear of Thy blessed commandments, that I may trample down all carnal

appetites and may lead a godly life, both thinking and doing always such things as are pleasing unto Thee. I pray Thee, grant unto me the Grace of Thy Holy Spirit, that thus strengthened, I may shun all evil deeds and works, and words and Thoughts, and my avoid all snares of the Evil One. Shine in my heart with the true Sun of Thy Righteousness; enlighten my mind and guard all my senses, that walking uprightly in the way of Thy statutes, I may attain unto life eternal. Amen.

O Sovereign Master, who lovest mankind, lead me in Thy way, that I may walk in Thy truth. Make glad my heart, that I may fear Thy Holy Name. O Lord, mighty in mercy, gracious in strength, aid and comfort and save me, as I put my trust in Thy holy Name. Rebuke me not, O Lord, in Thy displeasure, neither punish me in Thy wrath, but show unto me Thy great mercy and compassion, O Physician and Healer of my soul. O Merciful Saviour, blot out all my transgressions, for I am heartily sorry for having offended Thee. Grant me Thy Grace that I may avoid my previous evil ways. Strengthen me, O Mighty One, to withstand those temptations before which I am weak, that I may avoid all future sin. Keep me under Thy protection and in the shadow of Thy wings, that I may serve Thee, praise Thee, and glorify Thee all the days of my life. Amen.

Then if the priest has given you some psalm or prayer to say, it is said now. If he has given some task for you to perform, do this as soon as possible.

Mealtime Prayers

BEFORE MEALS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father, who art in the heavens, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth, as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the Evil One.

If there is a priest, He adds the usual exclamation. Otherwise continue as follows:

Glory...; *both...*

Lord have mercy. *3x*

then... O Christ our God, bless the food and drink of Thy servants, for Thou are Holy always; now and ever, and unto ages of ages. Amen.

or... They that hunger shall eat and be satisfied, they that seek after the Lord shall praise him; their hearts shall live forever. Amen.

or... Bless us, O Lord, and these Thy gifts of which we are about to partake, for Thou art blessed and glorified; now and ever, and unto ages of ages. Amen.

AFTER MEALS

Glory to the Father, and of the Son, and of the Holy Spirit: now and ever and unto ages of ages. Amen.

Lord have mercy. *3x*

then… Blessed is God, who is merciful unto us and nourisheth us from His bounteous gifts by His grace and compassion, always, now and ever, and unto ages of ages. Amen.

or… We thank Thee, O Christ our God, that Thou hast satisfied us with Thy earthly gifts, deprive us not of Thy Heavenly Kingdom; but as Thou entered into the midst of Thy disciples, O Saviour, and gave them peace, enter also among us and save us. Amen.

or… We thank Thee, O God, the Giver of all good things, for these gifts and all Thy mercies, and we bless they Holy Name, always, now and ever, and unto ages of ages. Amen.

Other Prayers

PRAYER ON ENTERING A CHURCH

I will come into Thy house in the multitude of Thy mercy: and in Thy fear I will worship toward Thy holy temple. Lead me, O Lord, in Thy righteousness because of mine enemies; make Thy way straight before me, that with a clear mind I may glorify Thee forever, One Divine Power worshipped in three persons: Father, Son, and Holy Spirit. Amen.

PRAYER ON LEAVING A CHURCH

Lord, now lettest Thou Thy servant depart in peace, according to Thy word: for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all people; a light to lighten the Gentiles, and the glory of Thy people Israel.

PRAYER BEFORE THE ICON OF CHRIST

We reverence Thy spotless Icon, O gracious Lord, and ask forgiveness of our transgressions, O Christ our God: for of Thine own good will Thou wast pleased to ascend the Cross in the flesh, that Thou mightest deliver from bondage. to the enemy those whom Thou hadst fashioned. Wherefore, we cry aloud unto thee: Thou hast filled all things with joy, O our Savior, for Thou didst come to save the world.

PRAYER BEFORE THE ICON OF THE THEOTOKOS

Forasmuch as thou art a wellspring of tenderness, O Theotokos, make us worthy of compassion; Look upon a sinful people; Manifest thy power as ever, for hoping on thee we cry aloud unto thee: Hail I as once did Gabriel, Chief Captain of the Bodiless Powers.

A PRAYER FOR THE PRIESTHOOD

O Lord Jesus Christ, enkindle the hearts of all Thy Priests with the fire of zealous love for Thee, that they may ever seek Thy glory; Give them strength that they may labor unceasingly in Thine earthly vineyard for the salvation of our souls and the glory of Thine all-honorable and majestic Name: of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

HYMN TO THE THEOTOKOS

(From the Liturgy of St. John Chrysostom)

It is truly meet to bless thee, O Theotokos, who art ever blessed and all-blameless, and the mother of our God. More honorable than the Cherubim. and more glorious beyond compare than the Seraphim, thou who without stain barest God the Word, and art truly Theotokos: we magnify thee.

THE ANGELIC SALUTATION

Hail! Mary, full of grace, the Lord is with thee, O Virgin Theotokos: Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Savior of our souls.

A PRAYER TO THE ALL-HOLY TRINITY

The Father is my hope; the Son is my refuge; the Holy Spirit is my protector. O All-holy Trinity, glory to Thee.

A PRAYER TO YOUR PATRON SAINT

Pray unto God for me, O Holy *Saint N.,* well-pleasing to God: for I turn unto Thee, who art the speedy helper and intercessor for my soul.

A PRAYER TO YOUR GUARDIAN ANGEL

O Angel of Christ, holy guardian and protector of my soul and body, forgive me everything wherein I have offended thee every day of my life, and protect me from all influence and temptation of the Evil One. May I nevermore anger God by any sin. Pray for me to the Lord, that He may make me worthy of the grace of the All-holy Trinity, and of the Most Blessed Theotokos, and of all the Saints. Amen.

THE “JESUS PRAYER”

O Lord Jesus Christ, Son of God, have mercy upon me, a sinner.

A PRAYER OF REPENTANCE

O Lord our God, good and merciful, I acknowledge all my sins which I have committed every day of my life, in thought, word and deed; in body and soul alike. I am heartily sorry that I have ever offended Thee, and I sincerely repent; with tears I humbly pray Thee, O Lord: of Thy mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Thy Grace, to amend my way of life and to sin no more; that I may walk in the way of the righteous and offer praise and glory to the Name of the Father, Son, and Holy Spirit. Amen.

A PRAYER BEFORE COMMENCING ANY TASK

Almighty God, our Help and Refuge, Fountain of wisdom and Tower of strength, who knowest that I can do nothing without Thy guidance and help; assist me, I pray Thee, and direct me to divine wisdom and power, that I may accomplish this task, and whatever I may undertake to do, faithfully and diligently, according to Thy will, so that it may be profitable to myself and others, and to the glory of Thy Holy Name. For Thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

PRAYER BEFORE A JOURNEY

O Lord Jesus Christ our God, the true and living way, be Thou, O Master, my companion, guide and guardian during my journey; deliver and protect me from all danger, misfortune and temptation; that being so defended by Thy divine power, I may

have a peaceful and successful journey and arrive safely at my destination, For in Thee I put my trust and hope, and to Thee, together with Thy Eternal Father, and the All-holy Spirit, I ascribe all praise, honor and glory: now and ever, and unto ages of ages. Amen.

A PRAYER IN TIME OF TROUBLE

O God, our help and assistance, who art just and merciful, and who heareth the supplications of Thy people; look down upon me. a miserable sinner, have mercy upon me, and deliver me from this trouble that besets me, for which, I know, I am deservedly suffering. I acknowledge and believe, O Lord, that all trials of this life are given by Thee for our chastisement, when we drift away from Thee, and disobey Thy commandments; deal not with me after my sins, but according to Thy bountiful mercies, for I am the work of Thy hands, and Thou knowest my weakness. Grant me, I beseech Thee, Thy divine helping grace, and endow me with patience and strength to endure my tribulations with complete submission to Thy Will, Thou knowest my misery and suffering and to Thee, my only hope and refuge, I flee for relief and comfort; trusting to Thine infinite love and compassion, that in due time, when Thou knowest best, Thou wilt deliver me from this trouble, and turn my distress into comfort, when I shall rejoice in Thy mercy, and exalt and praise Thy Holy Name, O Father, Son, and Holy Spirit: now and ever, and unto ages of ages. Amen.

THANKSGIVING AFTER DELIVERANCE FROM TROUBLE

Almighty and merciful God, I most humbly and heartily thank Thy divine majesty for Thy loving kindness and tender mercies, that Thou hast heard my humble prayer, and graciously vouchsafed to deliver me from my trouble and misery, Grant me, I beseech Thee, Thy helping grace, that I may obediently walk in Thy holy commandments, and lead a sober, righteous and godly life, ever remembering Thy mercies, and the blessings Thou hast undeservedly bestowed upon me, that I may continually offer to Thee the sacrifice of praise and thanksgiving, O Father, Son, and Holy Spirit. Amen.

A PRAYER OF A SICK PERSON

O Lord Jesus Christ, our Savior, Physician of souls and bodies, who didst become man and suffer death on the Cross for our salvation, and through Thy tender love and compassion didst heal all manner of sickness and affliction; do Thou O Lord, visit me in my suffering, and grant me grace and strength to bear this sickness with which I am afflicted, with Christian patience and submission to Thy will, trusting in Thy loving kindness and tender mercy. Bless, I pray Thee, the means used for my recovery, and those who administer them. I know O Lord, that I justly deserve any punishment Thou mayest inflict upon me for, I have so often offended Thee and sinned against Thee, in thought, word and deed. Therefore, I humbly pray Thee, look upon my weakness, and deal not with me after my sins, but according to the multitude of Thy mercies. Have compassion on me, and let mercy and

justice meet; and deliver me from this sickness and suffering I am undergoing. Grant that my sickness may be the means of my true repentance and amendment of my life according to Thy will, that I may spend the rest of my days in Thy love and fear: that my soul, being helped by Thy grace and sanctified by Thy Holy Mysteries. may be prepared for its passage to the Eternal Life, and there, in the company of Thy blessed Saints, may praise and glorify Thee with Thy Eternal Father and Life-giving Spirit. Amen.

THANKSGIVING AFTER RECOVERY FROM SICKNESS

Almighty God, our heavenly Father, Source of life and Fountain of all good things, I bless Thy Holy Name, and offer to Thee most hearty thanks for having delivered me from my sickness and restored me to health. Grant me Thy continuing grace, I pray Thee, that I may keep my good resolutions and correct the errors of my past life, and improve in virtue, and live a new life in dutiful fear of Thee, doing Thy will in all things, and devoting this new life which Thou hast given me to Thy service: that thus living for Thee, I may be found ready when it pleaseth Thee to call me to Thee, O heavenly Father, to whom with Thine only begotten Son, our Lord Jesus Christ, and Thine All-holy and Life-giving Spirit, is due all honor, praise, glory, and thanksgiving: now and ever, and unto ages of ages. Amen.

PRAYER OF ST. SILUAN THE ATHONITE FOR ENEMIES

O merciful Lord, by Thy Holy Spirit teach us to love our enemies, and to pray for them with tears. O Lord, send down Thy Holy Spirit on earth that all nations may know Thee, and learn Thy love.

O Lord, as Thou Thyself didst pray for Thine enemies, so teach us, too by Thy Holy Spirit, to love our enemies. O Lord, all peoples are the work of Thy hands; turn them from enmity and malice to repentance, that all my know Thy love.

O Lord, Thou didst command us to love our enemies, but it is hard for us sinners, if Thy grace be not with us. O Lord, pour down Thy grace upon the earth. Let all the nations of the earth come to know Thy love; to know that Thou lovest us with a mother's love, and more than a mother's love for even a mother may be forgetful of her children, but Thou forgettest never, because Thy love for Thy creation is boundless, and love cannot forget.

O merciful Lord, by the riches of Thy mercy save all peoples.

A PRAYER FOR THE SICK

O holy Father, heavenly Physician of our souls and bodies, who hast sent Thine Only begotten Son our Lord Jesus Christ to heal all our ailments and deliver us from death: do Thou visit and heal Thy servant N., granting Him release from pain and restoration to health and vigor, that He may give thanks unto Thee and bless

Thy holy Name, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

A PRAYER FOR THE DEAD

Into Thy hands, O Lord, I commend the souls of Thy servants NN., and beseech Thee to grant them rest in the place of Thy rest, where all Thy blessed Saints repose, and where the light of Thy countenance shineth forever. And I beseech Thee also to grant that our present lives may be godly, sober, and blameless, that, we too may be made worthy to enter into Thy heavenly Kingdom with those we love but see no longer: for Thou art the Resurrection, and the Life, and the Repose of Thy departed servants, O Christ our God, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.

DAILY PRAYER FOR PEACE

We thank You, Master and Lover of mankind, King of the ages and giver of all good things, for destroying the dividing wall of enmity and granting peace to those who seek your mercy. We appeal to You to awaken the longing for a peaceful life in all those who are filled with hatred for their neighbors, thinking especially of those at war or preparing for war. Grant peace to your servants. Implant in them the fear of You and confirm in them love one for another. Extinguish every dispute and banish all temptations to disagreement. For You are our peace and to You we ascribe glory:

to the Father and to the Son and to the Holy Spirit, now and forever and unto ages of ages. Amen.

We pray, Lord our God, for all those who suffer from acts of war, especially for the victims and all those in the struggle in *N*.

We pray for your peace and your mercy in the midst of the great suffering that people are now inflicting on each other. Accept the prayers of your Church, so that by your goodness peace may return to all peoples. Hear us and have mercy on us.

Lord have mercy. *3x*

Lord our God, remember and have mercy on our brothers and sisters who are involved in every civil conflict. Remove from their midst all hostility, confusion and hatred. Lead everyone along the path of reconciliation and peace, we pray You, hear us and have mercy on us.

Lord have mercy. *3x*

Let all believers turn aside from violence and do what makes for peace. By the strength of your mighty arm save your people and your Holy Church from all evil oppression; hear the supplications of all who call to You in sorrow and affliction, day and night. Merciful God, let their lives not be lost, we pray You, hear us and have mercy.

Lord have mercy. *3x*

But grant, O Lord, peace, love and speedy reconciliation to your people whom You have redeemed with your precious blood. Make your presence known to those who have turned away from You

and do not seek You, so that none of them may be lost, but all may be saved and come to the knowledge of the truth, so that everyone, in true love and harmony, O long-suffering Lord, may praise your all holy Name. Amen.

PRAYER FOR ANY OBJECT

O Creator and Author of mankind, Giver of spiritual graces and Bestower of eternal salvation: do Thou, the same Lord, send down Thy Holy Spirit, with a blessing from on high, upon this (name of object); that fortified by the might of heavenly protection, it may be potent unto bodily salvation and succor and aid, unto all who shall desire to make use of it, through Jesus Christ our Lord.

Sprinkle it 3x with Holy Water, then...

May Christ out True God, through the intercessions of His all-immaculate Mother, and of all the Saints, have mercy on us and save us, forasmuch as He is good and loveth mankind.

Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.

PRAYER FOR THE ARMED FORCES

O Lord God of hosts, O God of our salvation, O God who alone workest wonders: Do Thou look down with mercy and compassion upon Thy humble servants and, out of love for mankind, hearken and have mercy on us.

Look with mercy, we pray Thee, O Lord, upon those of our sons and daughters who now serve in our Armed Forces and who in obedience to their superiors have, for our sakes, placed themselves in harm's way. Grant that those who request the protection of Thy right hand may be overpowered by no adverse force. And may the invited defense of Thy mighty power shield Thy faithful sons and daughters. Watch over them, O Lord, and bring them back safe to those who love them. Grant courage and steadfast faith to them and to those who long for their return. Bring a quick and bloodless end to these conflicts, and spare the lives of the innocents. Grant no increase to the numbers of widows and orphans, and relieve the privations of the bereaved and wounded, whether wounded in body or in soul.

Restore peace in our day, O Lord, that Thy truth may go forth unhindered; for Thou, O Lord, art the Prince of peace and art ever glorified with the Father and the All-holy and good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

A PRAYER OF SINGLE PERSONS

O Blessed Lord, who hast set up for us an example of ideal purity, strengthen me, I beseech Thee, when temptation besets me, and when strong passions seek to overwhelm me, that I may remain constant in virtue and innocent in thought, word, and deed, doing such things only as are well-pleasing unto thee; grant me growth in wisdom and understanding, that I may serve Thee in holiness all the days of my life: through the intercessions of

Thine all-immaculate Mother and of all Thy Saints, especially my patron *Saint N.* Amen.

A PRAYER OF MARRIED PERSONS

O merciful God, we beseech Thee ever to remind us that the married state is holy, and that we must keep it so; grant us Thy grace, that we may continue in faithfulness and love; increase in us the spirit of mutual understanding and trust, that no quarrel or strife may come between us; grant us Thy blessings, that we may stand before our fellows and in Thy sight as an ideal family; and finally, by Thy mercy, account us worthy of everlasting life: for Thou art our sanctification, and to Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

A PRAYER OF PARENTS

O God, our heavenly Father, who lovest mankind, and art most merciful and compassionate, have mercy upon Thy servants (Name those whom you wish to remember) for whom I humbly pray Thee, and commend to Thy gracious care and protection. Be Thou, O God, their guide and guardian in all their endeavors, lead them in the path of Thy truth, and draw them nearer to Thee, that they may lead a godly and righteous life in Thy love and fear; doing Thy will in all things. Give them grace that they may be temperate, industrious, diligent, devout and charitable. Defend them against the assaults of the enemy, and grant them wisdom and strength to resist all temptation and corruption of this life;

and direct them in the way of salvation, through the merits of Thy Son, our Savior Jesus Christ, and the intercessions of His Holy Mother and Thy blessed saints. Amen.

A PRAYERFUL SIGHING OF PARENTS FOR THEIR CHILDREN

Lord Jesus Christ, Son of God, for the sake of the prayers of Thy Most Pure Mother, hearken unto me, Thine unworthy servant *N*. O Lord, govern in mercy my children, Thy servants *N*. Have mercy on them and save them, for Thy name's sake. O Lord, forgive them all their transgressions, voluntary and involuntary, that they may be perfected before Thee. O Lord, set them on the true path of Thy commandments and enlighten their minds with the Light of Christ unto salvation of their souls and the healing of their bodies. Bless them, O Lord, at home, at school, in their journeys and in every place of Thy dominion. Preserve and shelter them, O Lord, from flying bullets, arrows, the sword, poison and fire, from mortal wounds and sudden death. Guard them, O Lord, from all visible and invisible enemies, and from all danger, evil and misfortune. Heal them, O Lord, from all sickness, deliver them from every impurity, and lighten their spiritual sufferings. Grant them, O Lord, the grace of Thy Holy Spirit and a long life; grant them health and chastity in all piety and love, and to live in accord with all their neighbors, near and far. Multiply and strengthen them, O Lord, in mental ability and bodily strength, given to them by Thee. Bless them to lead a pious life and, if it is pleasing to Thee, grant them married life and honorable childbearing. For Thy name's sake, O Lord, give me, Thy sinful and unworthy

servant, a parental blessing for my children and Thy servants, both in this present time, morning, noon and night, and also in Thine eternal, almighty and all-powerful Kingdom. Amen.

O God, Maker of all creation, Thou hast made me worthy to be the mother of a family, and through Thy goodness hast bestowed children upon me; and so I dare to say: these children are Thine, for Thou hast given them being, hast infused them with an immortal soul, and hast raised them to life through baptism. And in accordance with Thy will Thou hast adopted them and received them into the bosom of Thy Church. Send down to me Thy gracious help in raising my children, for the glory of Thy name. Bestow on me patience and strength to do Thy will. Teach me to plant in their hearts the root of true wisdom — the fear of the Lord — that all their lives they may tremble at Thy words. Open to them the understanding of Thy law. Until the end of their days let them act with the sense that Thou art everywhere present. Plant in their hearts loathing for every transgression, that they may be pure in their designs. O Righteous Judge, who punishes children for the sins of their parents, punish not my children for my sins, but sprinkle them with the dew of Thy grace. O Heavenly Father, order the fate of my children according to Thy blessing, do not deprive them in this life of their daily bread, send down to them in due time all that is necessary for the acquisition of blessings in eternity. Be merciful to them, when they sin before Thee; look not upon the sins of their youth and ignorance; chastise them and have mercy on them, but turn not Thy face away from them. Turn not Thy face from them in the day of their tribulation, that they may not fall into temptations beyond their strength. Cover them

with Thy mercy, that Thine Angel may walk with them and preserve them. Abandon not my children, O Lord, and give them that which is profitable for salvation. Amen.

PRAYER TO THE MOTHER OF GOD, NURTURER OF CHILDREN

O Most Holy Lady Virgin Theotokos, do thou save and preserve under thy protection my children *N.,* all youths and infants, baptized and unnamed, and those in their mother's wombs. Cover them with thy maternal garment, preserve them in the fear of God and in obedience to their parents. Entreat my Lord and thy Son that He may give them that which is profitable for their salvation. I entrust them to thy maternal care, for thou art a Divine protection for thy servants.

PRAYER TO THE CHILD'S GUARDIAN ANGEL

O Holy Angel, Guardian of my children *N.,* keep under thy protection my children *N.* from demonic arrows, and from the eyes of the seducer, and preserve their hearts in angelic purity. Amen, amen, amen.

PRAYER FOR CHILDREN WHO HAVE DIFFICULTY LEARNING

O Lord Jesus Christ our God, who didst dwell in the hearts of the Twelve Apostles, and Who, by the power of the grace of Thine All Holy Spirit, didst descend in the form of fiery tongues and

didst open their lips so that they began to speak in other tongues. This same Lord Jesus Christ our God: Do Thou send down Thy Holy Spirit on Thy child *N.*, and plant in His heart the Holy Scriptures which Thou, by Thy most pure hand, didst inscribe on tablets and give to the Lawgiver Moses, now and ever and unto ages of ages. Amen.

PRAYER FOR UNBORN INFANTS

Remember, a Lord, Lover of Mankind the souls of Thy departed servants, infants who died accidentally in the wombs of Orthodox mothers from an unknown cause, either from a difficult birth, or from some carelessness and who therefore did not receive the Mystery of Holy Baptism. Baptize them, O Lord, in the sea of Thy compassions, and save them by Thine inexpressible grace. Amen.

A PRAYER OF A CHILD

Our Father who art in the heavens, bless my father and mother, my guardians, and those who are in authority over me, for their love and tender care for me, and the benefits I receive at their hands. Help me, I pray Thee, to be respectful and obedient to them in all things according to Thy will; and give me Thy grace to perform all my duties carefully and faithfully, to avoid undesirable company and influence, and resist all temptation that may come my way; that I may live a sober, righteous and godly life, ever praising Thee, and glorifying Thy Holy Name. Amen.